

Raleigh Parks & Recreation Department



Leisure Ledger

May-August 2005



Above Photo: These children are participants in the Level 3: American Red Cross Stroke Development Swim Class. From Left to Right: Gillian Griffiths, Ashley Kreider, Jessica Leon, Allison Hoerler, Samantha Gonzalez. Terry Kellogg instructs the swim class.

3 Easy Ways to Register

Mail-in

April 5, 2005

Walk-in & Online

April 19, 2005

parks.raleighnc.gov

A guide to Raleigh Parks and Recreation Department's programs, special events, and facilities

Raleigh City Council*

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Gail Till
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Rudolph "Rudy" Williams

* at time of printing

Parks, Recreation and Greenway Advisory Board Meetings are held on the 3rd Thursday at 5:30pm of each month at the Jaycee Park module. The public is invited to attend.

Executive Staff

Director: Jack C. Duncan

Recreation Superintendent for Operations:

Randy Ray

Recreation Superintendent for Services:

Diane Sauer

Parks Superintendent:

Wayne Schindler

Building Maintenance Superintendent:

Billy Jackson

Design/Development

Administrator:

Dick Bailey

Program Development & Marketing Administrator:

Kellee Brown

The purpose of
Raleigh Parks and Recreation Department
is to actively encourage, provide, promote and protect
quality leisure, recreation and cultural opportunities,
facilities and environments that are essential for
the enhancement of the lives of our citizens.

Dear Raleigh Citizens,

Welcome to the City of Raleigh Parks and Recreation Department. Whether you are a Raleigh native, or just getting settled in, we hope you will take some time to enjoy the wonderful opportunities that await you! With parks and greenway trails around every corner, explore the natural beauty that surrounds you right in the heart of Raleigh. The Parks and Recreation department offers thousands of programs year-round where you can learn or refine skills and make new friends...there are endless possibilities.

Raleigh Parks and Recreation Department takes pride in the numerous special events hosted each year to help bring communities together. Bring a picnic and unwind at one of our many outdoor concerts or grab your fishing gear and head to the Lake Wheeler Annual Kids Fishing Derby. One of our largest events is the July 4th Celebration held each year at the North Carolina State Fairgrounds. Your entire family will enjoy rides, food, entertainment and fireworks—and the best part is...admission is free!

Have a fun and exciting summer. We hope to see you in the Park!

Raleigh Parks and Recreation Staff



3 Easy Ways to Register

In order to find classes and programs faster and easier, you can now search the Leisure Ledger by Activity Categories. For a listing of all classes and programs held at a particular facility, pick up a community center brochure or search online with RecLink—the new Raleigh Parks and Recreation online registration system. The Leisure Ledger will continue to highlight Raleigh Parks and Recreation participants through photos and features—so keep an eye out for neighbors, friends, or even your family!



Mail-in



Walk-in



Online

Frequently Called Numbers

General Information

Visit our web site at: Parks.RaleighNC.gov

To update, add, or delete your name from our mailing address, call 831-6640 or send in a registration form with the appropriate box checked describing the service that you need.

Recreation Division 831-6640
Administration Division 890-3285
Adopt-A-Park 872-4115
Corporate Leisure Services
831-6640 ext 6862
Greenways 890-3285
Maintenance/Parks Division 872-4115
Marketing and Program Development
Division 831-6686
Urban Forestry 872-4115

Program Areas

Adults and Senior Adults Program
831-6851
Adventure Program 831-6855
Aqualatics and Swimming Pools
831-6852
Arts Program 831-6854
Athletics Program 831-6836
Athletics Leisure Line Update
831-6575 (24 hr. recording)
Community Centers Program
831-6685 / 831-6677
English as a Second Language Program
831-6640 ext 6844
Lakes and Pullen Amusements
807-8377
Nature Programs 831-6856
Specialized Recreation Services:
Supervisor 831-6835
Adults 831-6640 ext 6845
Aqualatics 831-6640 ext 6849
Hearing Impaired 831-6640 ext 6846
Visually Impaired 831-6640 ext 6847
Youth 831-6640 ext 6848
Special Olympics Wake County
807-8378
Special Programs 831-6684
After School Program
Computer Labs
Summer Camps
Tennis Program 872-4128
Teens Program 831-6688

Facilities

Art Centers

Pullen Arts Center 831-6126
105 Pullen Road, 27607
Sertoma Arts Center 420-2329
1400 W. Millbrook Road, 27612

Lakes

Lake Benson 662-5703
Buffaloe Road, Garner, 27529
Lake Johnson 233-2121
4601 Avent Ferry Road, 27606
Lake Wheeler 662-5704
6404 Lake Wheeler Road, 27603
Shelley Lake 420-2331
1400 W. Millbrook Road, 27612

Nature Parks

Brookhaven Nature Park 831-6856
5125 Berkeley Street, 27612
Durant Nature Park 870-2871
8305 Durant Road, 27614

Picnic Shelters

The following parks have picnic shelters available on a first come/first serve or rental capability. Shelters are rented either on a half day of full day basis and take precedence when rented. Inquiries and mail for certain shelters should be sent to the c/o site. Those parks with shelters that are not listed below are available on a first come/first serve only basis.

Anderson Point 831-6640 ext 6041
Baileywick c/o Lake Lynn
870-2911
Biltmore Hills 831-6895
Brentwood c/o Green Road
872-4140
Carolina Pines 831-6435
Cedar Hills c/o Optimist 870-2880
Chavis 831-6989
Durant Nature Park 870-2871
Eastgate c/o Millbrook 872-4156
Fallon c/o Optimist 870-2880
Green Road 872-4140
Jaycee 831-6833
Kingwood Forest c/o Biltmore
831-6895
Kiwanis c/o Optimist 870-2880
Lake Johnson 233-2121
Lake Wheeler 662-5704
Marsh Creek c/o Green Road
872-4140
Method 831-6066
Millbrook 872-4156
Glen Eden Pilot c/o Jaycee
831-6833
Lions 831-6995
North Hills c/o Optimist
870-2880
Peach Road 807-8545
Powell Drive c/o Method
831-6066
Pullen Amusements 831-6468
Ralph Campbell 250-2757
Roberts 831-6830
Sanderford Road c/o Biltmore Hills
831-6895
Southgate c/o Lions
831-6995
Spring Forest Road c/o Green Road
872-4140
Tarboro Road 831-6505
Williams Park c/o Sertoma Park
420-2329
Worthdale 250-2730

Special Athletic Facilities

Buffaloe Road Athletic Park 831-6836
5812 Buffaloe Road, 27616
Cedar Hills Park
Disc Golf Course 870-2880
5600 Sweetbriar Street, 27609

Kentwood Park

Disc Golf Course 831-6435
4531 Kaplan Drive, 27606
Lions Park BMX Track 831-6995
516 Dennis Avenue, 27604
Marsh Creek Park
Inline Hockey Rink 831-6836
3016 New Hope Road
Millbrook Exchange
Tennis Center 872-4128
1905 B Spring Forest Road, 27615
Walnut Creek
Softball Complex 250-2725
1201 Sunnybrook Road, 27610

Special Facilities

All Children's Playground
c/o Laurel Hills Park 420-2383
3808 Edwards Mill Road, 27612
Anderson Point Park 831-6640 ext 6041
10 Rogers Lane, 27610
Baileywick Road Park 870-2911
9501 Baileywick Road, 27615
Borden Building
at Fletcher Park 831-6430
820 Clay Street, 27605
Buffaloe Road Athletic Park 831-6836
5812 Buffaloe Road 27616
Method Pioneer Building 831-6066
516 Method Road, 27607
Millbrook Exchange
Off-Leash Dog Park 872-4156
1905 Spring Forest Road, 27615
Mordecai Historical 834-4844
1 Mimosa Street, 27604
North Hills Park 870-2880
100 Chowan Circle, 27609
Oakwood Park 831-6995
910 Brookside Drive, 27604
Pullen Amusements 831-6468
520 Ashe Avenue, 27606
Raleigh Little Theatre/
Rose Garden 821-4579
301 Pogue Street, 27607
Spring Forest Road Park 872-4140
4203 Spring Forest Road, 27616
Theatre in the Park 831-6936
105 Pullen Road, 27607
Tucker House 831-6009
418 N. Person Street, 27601
Williams Park 420-2329
6601 Leadmine Road, 27612

Staffed Community Centers with Gymnasiums

Biltmore Hills 831-6895
2615 Fitzgerald Drive, 27610
Carolina Pines 831-6435
2305 Lake Wheeler Road, 27603
Chavis 831-6989
505 MLK Jr. Boulevard, 27601
Green Road 872-4140
4201 Green Road, 27604
Halifax 831-6378
1015 Halifax Street, 27604
Jaycee 831-6833
2405 Wade Avenue, 27607
Lake Lynn 870-2911
7921 Ray Road, 27613
Laurel Hills 420-2383
3808 Edwards Mill Road, 27612

Lions 831-6995
516 Dennis Avenue, 27604
Method 831-6066
514 Method Road, 27607
Millbrook Exchange 872-4156
1905 Spring Forest Road, 27615
Optimist 870-2880
5900 Whittier Drive, 27609
Roberts 831-6830
1300 E. Martin Street, 27610
Tarboro Road 831-6505
121 N. Tarboro Road, 27610
Worthdale 250-2730
1001 Cooper Road, 27610

Staffed Centers without Gymnasiums

Peach Road 807-8545
911 Ileagnes Road, 27603
Pullen 831-6052
408 Ashe Avenue, 27606
Ralph Campbell 250-2757
756 Lunar Drive, 27610
Southgate 831-6719
1801 Proctor Street, 27610
Walnut Terrace 831-6155
111 W. Lee Street, 27601

Unstaffed

Neighborhood Centers

Inquiries and mail for unstaffed neighborhood centers should be sent to the c/o site.
Brentwood c/o Green Road 872-4140
3315 Vinson Court, 27604
Eastgate c/o Millbrook 872-4156
4200 Quail Hollow Drive, 27609
Garris Building c/o Jaycee 831-6833
820 Clay Street, 27605
Glen Eden Pilot c/o Jaycee 831-6833
1500 Glen Eden Drive, 27612
Kiwanis c/o Optimist 870-2880
2525 Noble Road, 27608
Powell Drive c/o Method 831-6066
740 Powell Drive, 27606
Sanderford Rd c/o Biltmore Hills
831-6895
2623 Sanderford Road, 27610
John P. "Top" Greene Center
c/o Chavis 831-6989
401 MLK Boulevard, 27601

Swimming Pools - Summer

Bitmore Pool 831-6736
701 Crown Crossing Lane, 27529
Chavis Pool 831-6665
501 MLK Jr. Boulevard, 27601
Lake Johnson Pool 233-2111
1416 Athens Drive, 27606
Longview Pool 831-6343
321 Bertie Drive, 27610
Millbrook Pool 872-4130
1905 Spring Forest Road, 27615
Ridge Road Pool 420-2322
1709 Ridge Road, 27607

Swimming Pools - Year Round

Pullen Aquatic Center 831-6197
410 Ashe Avenue, 27606
Optimist Pool 870-2882
5902 Whittier Drive, 27609

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Unique Facilities

Amusements

Chavis Carousel

2005 Hours of Operation

Apr 30-May 29	M-Sa 11:00am-3:00pm Su 1:00-5:00pm
May 30-Aug 7	M-Sa 12:00-5:00pm Su 1:00-5:00pm
Aug 8-Sep 25	M-Sa 11:00am-3:00pm Su 1:00-5:00pm

Tickets are \$1 each.

Tickets may be purchased at the Carousel or Chavis Community Center.

Tickets may be used at any time.

Pullen Park Amusements

2005 Hours of Operation

Mar 11-20	M-Th Closed F,Sa 10:00am-5:30pm Su 1:00-5:30pm
Mar 21-May 8	M-F 10:00am-4:30pm Sa 10:00am-6:30pm Su 1:00-6:30pm
May 9-Sep 5	M-F 10:00am-6:30pm Sa 10:00am-7:30pm Su 1:00-7:30pm
Memorial Day, 4th of July, and Labor Day	10:00am-7:30pm
Sep 6-Oct 30	M-F 10:00am-4:00pm Sa 10:00am-6:30pm Su 1:00-6:30pm
Oct 31-Nov 27	M-Th Closed F,Sa 10:00am-5:00pm Su 1:00-5:00pm



Arts Centers

Pullen Arts Center

Pullen Arts Center offers specialty studio programs in jewelry-making, printmaking, weaving, and glass arts. In addition to classes in painting, drawing, and pottery. The extensive studios and equipment, and the well-trained core of instructors make these studios some of the most desired in the area.

Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612

Director: Kiley Holder (919) 420-2329

Along with classes in painting, drawing and pottery, Sertoma Arts Center offers a well-

equipped black and white darkroom studio, making it possible for adults to experience the art of photography. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

Historic Homes

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G. S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information contact Elaine Ford at 831-6009 or Lynne Mullins at 831-6640.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information contact Janet Plummer at 831-6430 or Lynne Mullins at 831-6640.

Lakes Facilities

Lake Johnson Park

4601 Avent Ferry Road

Raleigh NC, 27606

(919) 233-2121

Park Manager - Lila Mill

Email: Lila.Mill@ci.raleigh.nc.us

Assistant Park Manager - Coley Hughes

Email: Coley.Hughes@ci.raleigh.nc.us

Year-round

Lake Wheeler Park

6404 Lake Wheeler Road

Raleigh NC, 27603

(919) 662-5704

Park Manager - Ben Herrmann

Email: Ben.Herrmann@ci.raleigh.nc.us

Assistant Park Manager - Ben Coats

Email: Ben.Coats@ci.raleigh.nc.us

Year-round

Unique Facilities

Shelley Lake

1400 W. Millbrook Road
Raleigh NC, 27612
(919) 420-2331
Park Manager - Nick Howell
Seasonal

Lake Benson Park

1807 Buffaloe Road
Garner NC, 27529
(919) 919-662-5703
Seasonal

Boat Rentals

A variety of motorized and non-motorized rental boats are available for rent at each of the Raleigh Lakes (weather and temperature conditions permitting) [see below]. At least one person in the boat must be 16 or older. Availability of boat types varies at each lake facility. Please contact each facility for additional information.

Jon Boats	Pedal Boats
\$3/hour w/o motor	\$5 per 1/2 hour
\$15/all day w/o motor	\$7/hour
\$8/hour w/motor	
\$40/all day w/motor	

Canoes/Kayaks	Sunfish Sailboats \$10/hr
\$4/hour	\$10/hour (\$20 deposit - 1 person must be at least 18)

Please Note:

Individuals desiring to rent a jonboat may bring their own electric motor (gas motors are prohibited at Lake Johnson, Shelley Lake, and Lake Benson) Individuals desiring to rent a Sunfish Sailboat must first demonstrate proof of experience. Inexperienced users will not be permitted to rent a sailboat.

Factors Affecting Boat Rentals:

Inclement Weather. Upon first hearing of thunder or notice of lightning, all rental boats will be required to return to the waterfront center. In addition, rental boats will not be rented during inclement weather. Boat rental operations may again take place 30 minutes after a storm has passed. High winds resulting in small white cap conditions will preclude boat rental operations from taking place. Again, it is a good idea to call ahead to determine current conditions.

Winter rentals (Jonboats & Paddleboats only):

Boat rentals from November through March will be based on the 100 degree rule, which was taken from the Coast Guard method of analyzing hypothermia scenarios. Both the water and air temperatures will be taken on a daily basis. If both temperatures combined add up to 100 degrees or more, then boat rentals will be allowed. If the combined water and air temperatures fall below 100 degrees, then no boat rentals will be conducted. Please call park office for daily conditions.

Private Boat Launchings

Lake Wheeler & Lake Johnson Only

Lake Johnson

Privately owned boats (non-trailored and non-motorized) may be launched at Lake Johnson upon payment of a nominal mandatory launch fee (see below). Private boats may be launched anytime between sunrise and sunset, 7-days a week, year-round, at Lake Johnson unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. Boats may be launched at the designated area located on the beach. Boats shall not be launched from private property surrounding the lake. Vehicles driving towards the lake should halt at the loading zone sign adjacent to the Waterfront Program Center and proceed to the concession area where the launch passes can be purchased.

Lake Wheeler

Powerboats of most types, along with all non-motorized craft may launch at Lake Wheeler. It should be noted however, that personal watercraft (PWC's) — a formal term used to describe jet-ski type of boats — are not allowed to launch at Lake Wheeler as per City of Raleigh Ordinance. In addition, Lake Wheeler has also enacted (per City Ordinance) limited no-wake hours from sunrise to 11am on Tuesdays, Thursdays, and Saturdays year-round. Boats of all types (with the exception of PWC's) may launch during these no-wake hours however, the operators of these boats must operate their craft in a manner that will not create sizeable wakes (keeping boat speeds less than 10 mph). These limited no-wake hours were enacted to afford a variety of very small fishing boats and non-motorized boat users the opportunity of using the lake without fear or concern for dangerous wakes that can interrupt recreational activities.

Private boats may be launched anytime between sunrise and sunset, 7-days a week, year-round, at Lake Wheeler unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. All boats must launch by the designated launching docks. Boats may not launch from any other area along the lake to include the old Penny Rd. launch area, nor can boats launch from private property surrounding the lake. The speed limit on Lake Wheeler is 40 mph. Established launch fees are not based on boat type, but a general recreational fee levied upon users for the right to place a boat on Lake Wheeler. Boaters should first halt at the stop sign adjacent to the

Waterfront Program Center and then proceed to the concessions area to pay launch fees.

Launch Fees

Full season: Jan1-Dec 31
Half season: Jul1-Dec 31

City of Raleigh Residence

\$4 Daily \$100 Season Pass \$50 Half Season

Non-City of Raleigh Residence

\$6 Daily \$150 Season Pass \$75 Half Season

Senior Citizen \$1.75 Daily

Fishing Opportunities

There are many opportunities for fishing at Raleigh Lakes. We ask that you please follow these guidelines.

— Because the lakes are considered secondary water reservoirs, bank fishing (from the shores) of Lake Benson, Johnson, and Wheeler are prohibited by Raleigh City Ordinance.

— Fishing is permitted from Lake Johnson boardwalk, designated fishing piers, Simpkins Pond, and Shelley Lake shorelines. Fishing from any boat is allowed at all Lakes. Please check each facility for regulations and/or fees.

— Please deposit all trash in receptacles.

Lake Wheeler

Fees (mandatory for all patrons fishing on foot, ages 12-62)

City of Raleigh Residence \$2.50 Daily

Non-City of Raleigh Residence \$3 Daily

Bait sales available at Lake Johnson and Shelley Lake

Fishing Tackle Loaner Program

Want to have fun like you've never had before? Go fishing! Whether you're 8 or 88 years young, you can borrow a rod and reel from us for FREE. Just like checking out a book at the library. When a participant signs up for the program and completes the registration form, the participant will be issued a permanent rod & reel loaner card and may check out a rod & reel for a certain amount of time. The card must be kept in the park office while the participant is borrowing the equipment. If equipment is not returned or returned in poor condition, they will lose their card and benefits.

The program is designed to introduce children and adults to the wholesome outdoor activity of angling. Currently, 27 states take part in the Program. It allows kids and adults to go fishing anytime of the year, regardless of experience or amount of personal equipment. So, come out, soak up the sunshine, take in the fresh air, and get ready for extra excitement when the big one bites! Available at all Raleigh lakes.

For additional information or to gain more experience in the sport of angling, make sure to check out our various fishing classes that are offered.

Lake Facilities continued next page —

Unique Facilities

Lake Facilities continued —

Lake Facility Rentals

The Conference Rooms and open deck areas at both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. The Conference Rooms, which are 25' x 40', overlook a scenic view of the lakes. The rooms include a warming kitchen that consists of a refrigerator, microwave, coffee pot, and countertop space. Reservations should be made in advance. Also, available to rent is our large deck area with covered verandahs. Individuals/organizations desiring to have beer and wine present for their functions should contact Park Manager for additional details and requirements.

Rental Prices

Conference Room \$50 per hour
Conference Room, and Verandah \$80 per hour
Conference Room, Deck and Verandah \$110 per hour
Non-refundable cleaning fee \$50
Refundable security deposit \$75

Additional fees may apply

Magnolia Cottage at Lake Johnson

The Magnolia Cottage offers a truly unique and innovative dimension to the recreational experience. Nestled deep within the serene woods, the house has a picturesque and peaceful setting ideal for both intimate and professional functions, and a host of recreational activities. Built by a student of Frank Lloyd Wright, the Magnolia Cottage mirrors the mastery in design and the use of light the architect is noted for. These architectural elements are evident in all three of its spacious and inviting rooms, in addition to an enclosed sunroom and private, outdoor deck.

Rental Price

\$250 for a minimum of 4 hours
\$50 each additional hour
\$50 non-refundable cleaning fee
\$75 refundable security deposit

Additional fees may apply

Additional Fees

- Audio Visual Equipment: (availability of equipment varies per facility) There is a flat \$20 daily fee if equipment is requested. Equipment may include TV with VCR, overhead transparency projector, slide projector, etc.
- Linens: Lake Johnson Park offers a variety of linens for all of your party or meeting needs. Contact park office for more information as prices may vary depending on size and color.
- Deposit: a \$75 refundable cleaning/security deposit will be required. Deposit will be returned if conference room or Magnolia Cottage is restored in the same condition as found.
- Fee: a \$50 non-refundable cleaning fee will be required. This fee covers the clean-

ing prior to and after your rental as well as the set-up/break-down.

- After-Hours Fee: Rentals lasting beyond normal park closing hours (sunset) will require an additional \$20/hour charge to maintain a part-time park employee on hand. No rentals past 12:00am.

Covered Picnic Shelters

Size of shelters varies at each lake facility. Please contact park office for more information.

Large Picnic Shelters

150-175 patrons \$45/half-day

Medium Picnic Shelters

30 patrons \$35/half-day

- Deposit: A \$ 50 refundable cleaning/security deposit will be required for small shelters. Deposit will be returned if shelter is restored in the same condition as found.
- Deposit: A \$ 75 refundable cleaning/security deposit will be required for large shelters. Deposit will be returned if shelter is restored in the same condition as found

*For reservations at Lake Benson Park, please contact Garner Parks and Recreation at (919) 772-4688

Lake Special Events

Waterfront Concert Series

Age: All Ages. Spend a relaxing late afternoon or early evening by a gorgeous lake-side environment listening to live music as the Raleigh Parks and Recreation Department proudly presents the Waterfront Concert Series. Now in its sixth year, this unique series alternates between Lake Johnson and Lake Wheeler Park. Designed to bring back the feeling of the good 'ole days when waterfront concerts represented more carefree and simpler times, the 2005 schedule will showcase North Carolina musicians with a variety of jazz, big band, show band, Latin jazz, flamenco guitar jazz, blues/blues rock, acoustic rock, and blue grass music. Beer and wine sales will be available via a 3rd Party Vendor—coolers will be checked (no privately purchased alcohol will be allowed). Fast-food and soft drink concessions are available for purchase. Ticket purchases must be accomplished at either Lake Wheeler or Lake Johnson with tickets going on sale two weeks prior to each concert—with most being sold on the evening of each event (plenty of tickets available so don't worry about them selling out). But better yet is the fact that tickets are only \$5 per person. Seating will be provided on the open deck areas (where the concerts are held) for the first 300 people. Additional overflow traffic should bring chairs and/or blankets to be seated by the shoreline, docks, or picnic areas. For additional information, contact Benn Hermann, Lake Wheeler Park Manager

at 662-5704 or 662-5712 or Lila Mill, Lake Johnson Park Manager, 233-2121.

Class Fee: \$5

Location: Lake Johnson

Wishful Thinking

#36785 May 7 Sa 6:00-8:00pm

Sweet Potato Pie

#36786 Jun 25 Sa 7:00-9:00pm

Frank Corbi Quartet

#36787 Jul 16 Sa 7:00-9:00pm

Borrowed Times

#36788 Aug 13 Sa 7:00-9:00pm

Location: Lake Wheeler

The Wells Family Bluegrass Band

#37387 May 15 Su 6:00-8:00pm

Bluesville

#37388 Jun 18 Sa 7:00-9:00pm

Pockit

#37389 Aug 20 Sa 7:00-9:00pm

Eagle Scout and Group Volunteer Projects

The Raleigh Lakes have become one of the premier sites in the triangle for Eagle Scout and group volunteer projects. Many projects have already been completed—to the absolute delight of thousands of park visitors. A variety of projects are available for construction and specific information may be obtained by contacting the Park Managers at each lake facility. All eagle projects will require approval and should meet the criteria of aesthetics, durability, and functionality. Although materials are not available at this site, various methods can be used to secure their use: fund raisers, donations, car washes, etc. Projects include (but are not limited to): trash barrel enclosures, concrete & stone barbecue grills, hiking trail bridges, commercial picnic tables, park benches, park front entrance enhancements, trail enhancement projects, etc.

Lake Extras!

New Multi-color 5" x 7" Postcards available for sale at Lake Wheeler. Each post card features a collage of images depicting a specific theme.

1. Fall/Winter Activities
2. Summer Activities
3. Facilities
4. The Waterfront Program Center

Purchase individually for \$1, or acquire in bulk for discounted prices (100 or more)

Tennis Centers

Millbrook Exchange Tennis Center

1905B Spring Forest Rd

Tennis Director: David Bell 872-4128

Building Hours

M-F 9am-9:30pm Sa, Su 9am-6pm

Court lights are on everyday until 10:30pm.

The Millbrook Exchange Tennis Center serves as the flagship facility for the City of Raleigh Park and Recreation Tennis Program. This fully func-

Unique Facilities

tional tennis facility includes 23 lighted courts, a doubled sided stand alone fenced in backboard, a conference and meeting center, observation deck and pro shop. The pro shop sells tennis balls, tennis accessories, and beginner adult and junior racquets and has a stringing service which guarantees a 24 hour turn around time. In addition, there is an active drop in doubles challenge court and a ball machine for rent. Monday and Thursday mornings are "senior" play days for senior adults age 55 and throughout the year. Play begins at 9am. This is a drop in mixer with all levels of play. Players can simply show up to play without pre-registering.

Rental Facilities

Anderson Point

10 Rogers Lane

Park Manager - Lynne Mullins

Office: 919-831-6640

Fax: 919-831-6470

Email: Lynne.Mullins@ci.raleigh.nc.us

Plan Your Corporate Meetings, Team Building Seminars, Weddings, Family and High School Reunions Today! Escape everyday living and come out to the countryside. Anderson Point is the perfect place to get away from life in the city and to let your mind dance along the Neuse Corridor. Sit on top of lookout point or in our wooden swings and marvel at the panoramic view of the beautiful rolling hills. The Retreat Cottage is the main attraction of the park; it's original hardwood floors and decorative painted trim offers a distinguished charm. You will appreciate the natural environment of our 105 acres of open recreation and leisure areas with three informal sport fields, "Greenway" trails, garden gathering area, our unique children's playground area, canoe launch, and two rental shelters large enough to accommodate a social gathering of any size. Let Anderson Point make your next event an experience you won't soon forget.

Durant Nature Park

8305 Camp Durant Rd.

Raleigh, NC 27614

Park Manager - Karen Berry

870-2871 (park office)

Park and Facilities

Enjoy the ambience of a natural wooded setting, miles of hiking trails along a stream and through woodland wildflowers and fern gardens. Trail maps, tree trail maps and bird lists are available. Experience the interpreted butterfly garden or the 12-acre lake with fishing and scheduled canoeing. A picnic shelter, playfield and playground can be found in the park. Durant Nature Park is open year-round from 8am until dusk, 7 days a week.

Enjoy the outdoors in this amazing setting with a variety of classes and recreational opportunities for the entire family! Call the park office for more information or to be put on our mailing list.

Campbell Lodge

Seats 200. Perfect for wedding receptions, family reunions or other large events. Includes large warming kitchen, Great Room with 2 stone fireplaces, icemaker and walk-in cooler. Day and evening use (until midnight). Hourly rate: \$75 plus deposits.

Training Lodge

Sleeps 38; Seats 50. Smaller group use for overnight or daytime use. Kitchen facilities, 22 bunk spaces with 16 add-on cots; large multi-purpose room. Hourly rate: \$30 plus deposits. Overnight rate: \$150 plus deposits (Check-in: 1pm; Check-out 10am)

Sweetgum Picnic Shelter

Seats 25-30. Near 12-acre lake, large play field and easy access to trailheads.

Rate: \$45 from 9am-3pm or 3pm-dusk (cleanup time included).

Primitive Camping Tent Sites

Organized groups only. No family, individual or long-term camping allowed. Rugged lakeside setting. Rate: \$2/person/night (\$20 minimum)

Pullen Community Center

Pullen Community Center is located in Pullen Park at 408 Ashe Avenue (next to Pullen Aquatic Center). Our facilities include 3 large and 2 medium size program/meeting rooms, fitness room, computer lab, and a game room (one pool table). Meeting rooms are available for parties, meetings and special occasions on a space available basis. Call for rates and booking information. Hours of operation are Monday-Friday 7:30am to 9:30pm and Saturdays 9:00am to 3:00pm. Participants may register for a wide variety of activities at Pullen Community Center. Some of our programs include karate, fitness, yoga, bingo, scrapbooking and ballroom dance. Join our fitness room for only \$10 per month (non-Raleigh residents add \$7) with no contract. For a complete listing of programs visit our web site at <http://www.raleigh-nc.org/parks&rec>. You may register for city wide programs at your local community center (some restrictions may apply). We provide quality programs by hiring qualified, well trained staff and instructors. If you are interested in starting a new program or would like to instruct a class, please contact the Pullen Community Center Director. Questions, comments and ideas are welcome. Shelter reservations can be made through Pullen Amusements at 831-6468. Contact Pullen Aquatics at 831-6197 for your aquatic needs.

Program Descriptions

Adventure Program

Program Supervisors

Michael Kafsky and Kathy Capps

The Adventure Program provides Raleigh and surrounding communities with instructional opportunities in a diverse range of activities including Kayaking, Canoeing, Climbing, Mountain Biking, Whitewater Rafting, and many other activities. Experienced staff members are dedicated to providing students with quality instruction while helping participants explore new worlds of potential, competency, and discovery. The Adventure Program provides enjoyable adventure experiences that embrace experiential learning, create an atmosphere where group experiences help to create a sense of team, provide instructional foundations in a range of adventure activities, and focus on safety issues and manage risks in the most proactive manner. Come join us for an adventure this year. For information on any adventure program, call 831-6855 or 831-6640 ext 6857.

After School X-Press

K-8th grade. The After School X-Press Program is being offered at all local Community Centers for children in traditional and year-round school calendars. Our goal is to include a variety of curriculum-based programs such as:

Arts and Crafts - Bring out the creativity that is in all children by introducing them to a variety of arts media and crafts projects.

Computer Education - Reinforce skills learned at schools through educational software.

Fitness and Nutrition - Help children develop physical fitness and healthy nutritional habits that will last a lifetime.

Homework Assistance - Offered in the program on a limited basis depending on the needs of the child. Emphasis of after school program is on recreational activities.

Nature - Introduce children to the diversity of nature through hands-on recreational activities.

Music and Drama - Introduce children to a variety of music and drama components through games, art projects, and other organized activity. Children will be rotated through certain curriculum stations listed above daily.

Registration begins May 16 at all community centers. Cost is \$1280 per year for residents and \$1560 per year for non-residents. Payment plans are available and some sites are offered at a reduced rate. For more information or to request a brochure, please call 831-6684.

Programs continued next page —

Program Descriptions

Programs continued —

Arts Program

Recreation Program Director - Thea Fotiu



Explore the Arts Program's two unique facilities: Pullen Arts Center and Sertoma Arts Center. The arts centers offer creative atmospheres for both the novice and the professional to enjoy and grow in. Friendly, nurturing, and professional arts instructors, specialized equipment, large studio spaces and classrooms, a Gallery Program featuring changing exhibits of beautiful and unique works of art, and natural park settings make the experience of participating at the arts centers inviting for all ages and abilities. Many participants also take advantage of our "Open Studio Time," offered in select studio areas, where qualified studio card holders can work on their art and use studio equipment and amenities in a non-instructional environment. While each arts center has its' own specialized studio areas, both offer fundamental studio classes in painting, drawing, and pottery ranging from beginner to advanced levels, as well as specialty summer arts camps with visual arts and theatre arts emphasis for youth. If you love to be outdoors, you may want to enjoy live entertainment under setting suns and rising stars with the Arts Program's many outdoor concerts, festivals, and fairs. Some of the best local and regional talent is always on display, whether it's an award-winning blues band, a grand-scale illusion show, or the original artwork of well-known artisans. These events take place in Raleigh Parks and Recreation's arts centers, parks, and many unique community facilities throughout Raleigh. There are free events, ticketed events, events for children, for adults, and for the whole family to enjoy. You'll have opportunities to participate, observe, or relax and be entertained. We hope you will join us in one or more of these unique arts experiences throughout the year... and that you will be inspired to create! For information on the Arts program, call 831-6854.

Athletics Program

City Athletic Director - Dale Smith

Adult Athletic Program Supervisor

Jackie Twisdale

Youth Athletic Program Supervisors

David Tugwell and Susan McFarland

Walnut Creek Softball Complex Supervisor

Shadu Jackson

The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults in Raleigh through camps, clinics, and leagues. The Youth Athletics Programs caters towards children ages 5-18 and provides numerous benefits from playing in organized youth sports. Youth sports sponsored by the City of Raleigh Parks and Recreation Department provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Programs provides a great opportunity to stay active, encourage social interaction and community involvement while providing a safe, fun, family atmosphere. Officials, scorekeepers, and coaches are always needed for both youth and adult programs. For information on any athletic program, call 831-6836.

Athletics Citywide Registration

Youth Athletics

Jun 27-Jul 10 Fall Baseball & Fastpitch Softball

Jul 5-17 Youth Tackle Football

Jul 5-17 Cheerleading

Adult Athletics

Jun 27-Jul 10 Fall Baseball & Fastpitch Softball

Jul 5-17 Youth Tackle Football

Jul 5-17 Cheerleading

Please see pages 28-30 for specific program information.

Athletic Teams/Leagues not currently available for online registration. Please visit our web site (parks.raleighnc.gov) to print the forms needed to register for the league. You can only sign up during the registration period.

Aquatics Program

Dates of Operation

These dates & hours of operation are dependent on staff availability and is subject to change.

Optimist Pool	May 23-Sep 11
Pullen Aquatic Center	May 23-Aug 13
Biltmore and Longview Pool	May 28-Aug 13
Chavis Pool	May 28-Aug 20
Millbrook and Ridge Rd Pools	*May 28-Aug 28
Lake Johnson Pool	*May 28-Sep 5
*Aug 25-Sep 5 open at 4pm M-F	

Dates Closed

June 4-5

Pullen closed - Special Olympics swim meet

June 17-19

Optimist closed - New Wave swim meet

June 25-26

Pullen closed - NCAS State Games

July 4

All pools close at 4pm

July 15-16

Optimist closed - Eastern Qualifier swim meet

July 18

Optimist closed-Greater Raleigh Summer League Invitational

July 30

Optimist closed - Masters swim meet

August 6

Optimist closed - Intra-City Swim Teams

Championship meet

Mail-in Registration

Beginning on April 5, 2005 we will begin processing mail-in registration for May through Aug. classes, please fill out the registration form and mail to:

Raleigh Aquatics
2401 Wade Ave.
Raleigh, NC 27607
Attention: Registration

Walk-In and Internet Registration

We will only accept walk-in registration at Optimist or Pullen Pools beginning at 5pm on April 19, 2005. There will be no registering for swim lessons at seasonal pools. Swim lessons at a seasonal pool must be register for at Optimist or Pullen Pools on on-line at <http://reclink.raleighnc.gov>

Hours of Operation

Biltmore Pool - 701 Crown Crossing Lane, 831-6736
Main & Wading Pool

M-F 12:30-6pm

Sa 1:00-6pm

Su 2:00-6pm

Adult Lap Swim

M-F 4:30-6pm

Chavis Pool - 720 Chavis Way, 831-6565

Main Pool & Spray Pool

M-F 10:30am-6pm

Sa 1:00-5pm

Su 1:00-5pm

Lake Johnson Pool - 1416 Athens Drive, 233-2111

Main Pool

M-F 12:30-8pm

Sa 10am-7pm

Su 1:00-6pm

Adult Lap Swim

M-F 8am-8pm

Sa 10am-7pm

Wading Pool & Sprayground

M-F 9am-8pm

Sa 10am-7pm

Su 1:00-6pm

Longview Pool - 321 Bertie Drive, 831-6343

Main Pool

M-F 9am-8pm

Sa 12:30-6pm

Su 1:00-6pm

Adult Lap Swim

M-F 9am-8pm

Wading Pool

M-F 9am-8pm

Sa 12:30-6pm

Su 1:00-6pm

Millbrook Pool - 1905 Spring Forest Rd, 872-4130

Main Pool

M-F 12:30-8pm

Sa 10am-6pm

Su 1:00-6pm

Adult Lap Swim

M-F 8am-12:30pm,

4:30-6:30pm

Sa 10am-6pm

Su 1:00-6pm

Wading Pool & Sprayground

M-F 9am-8pm

Sa 10am-6pm

Su 1:00-6pm

Program Descriptions

Optimist Pool – 5902 Whittier Drive, 870-2882

Main & Diving Pools	M-Sa	10am-8pm
	Su	1:00-6pm
Adult Lap Swim	M-F	5:30am-5pm, 6-7pm
	Sa	6am-12:30pm
	Su	7-9:30am
Wading Pool	M-Sa	9am-8:00pm
	Su	1:00-6pm

Pullen Aquatic Center – 410 Ashe Avenue, 831-6197

Recreational Swim	M-Sa	12:30-8pm
	Su	1:00-6pm
Adult Lap Swim	M-F	5:30am-8pm
	Sa	6am-8pm
	Su	1:00-6pm
Teaching Pool	M-Th	12:30-5pm
	F,Sa	12:30-8pm
	Su	1:00-6pm
Diving Boards	M-Sa	12:30-8pm
	Su	1:00-6pm

Ridge Road Pool – 1709 Ridge Road, 420-2322

Main Pool	M-F	10am-8pm
	Sa	10-7pm
	Su	1:00-6pm
Adult Lap Swim	M-F	5:30am-8pm
	Sa	10am-7pm
	Su	1:00-6pm
Wading Pool	M-F	9am-8pm
	Sa	10am-7pm
	Su	1:00-6pm

Water Exercise Programs

Water Exercise passes need to be purchased at the front desk at Optimist or Pullen or by mail. No pre-registration is required. This pass allows you to attend any 8 water exercise classes within this calendar year. Eight pass prices are as follows: \$35 resident adult; \$28 resident senior; \$42 non-resident adult; \$35 non-resident senior. No classes Jun 17-18, Jul 4, 15-16, 30, Aug 6, or Sep 5

Chavis Pool

Aqua-Motion This class is a low impact aerobic exercise class in shallow water designed to improve muscular strength and cardiovascular endurance. A variety of equipment will be used to enhance physical conditioning.

May 31-Aug 26 T,Th 5:00-6:00pm

Optimist Pool

Aquacise This high impact water exercise class will focus on flexibility, body conditioning, strength building, and cardio-vascular. This class will focus on small muscle groups. No swimming ability necessary.

May 23- Sep 9 M,W,F 8:30-9:30am,
9:30-10:30am

May 24- Sep 8 T,Th 7:00-8:00pm
May 28- Sep 10 Sa 10:00-11:00am

Water Walking This low impact water exercise class will focus on flexibility, body conditioning, and cardio-vascular. There is a heavy emphasis on the large muscle groups. No swimming ability necessary.

May 23- Sep 9 M,W,F 9:30-10:30am
May 23-Sep 9 M,W 7:00-8:00pm

Stroke Development This is a workout group. Emphasis will be placed on stroke improvement and swimming development. Workouts will be developed to challenge and push each individual.

May 24-Sep 8 T,Th 6:00-7:00pm

Pullen Aquatic Center

Deep Water Walking This class incorporates various exercises in deep water to enhance muscle strength and endurance. Flotation equipment is used in the class to help with supports in the water during exercises.

May 2-Aug 12 M,W,F 8:30-9:30am
May 3-Aug 11 T,Th 9:15-10:15am
May 3-Aug 11 T,Th 6:00-7:00pm

Aqua-Motion Ages 15 yrs up. This class is a low impact aerobic exercise class in shallow water designed to improve muscular strength and cardiovascular endurance. A variety of equipment will be used to enhance physical conditioning.

May 2-Aug 12 M,W,F 9:30-10:30am
May 3-Aug 12 T,Th 10:15-11:15am
May 2-Aug 10 M,W 6:00-7:00pm

Arthritis Exercise Class Ages 15 and up. This class is for people with arthritis, fibromyalgia, or other conditions that would benefit from a range of motion exercise class in warm water.

May 2-Aug 12 M,W,F 10:30-11:30am

Aqua-Motion II This low impact water exercise program will focus on total body strengthening and conditioning with a cardiovascular emphasis. This class is also great for pre/post natal and pregnant women who want to experience a more comfortable and effective way to exercise. This class is held at Pullen Aquatic Center. No classes to be held on March 25.

May 2-Aug 12 M,W,F 11:30am-12:15pm
May 3-Aug 11 T,Th 7:00-8:00pm

Warm Water Fitness for Health This warm water exercise program is designed for individuals who wish to improve or maintain their flexibility, range of motion, muscular strength, balance, and performance of daily activities. This class will be gentle exercise taking place in the warm and soothing environment of the therapy pool. Equipment may be used but is always optional. (This is also an advanced version of the Arthritis Class).

May 3-Aug 11 T,Th 11:15am-12:15pm

Ridge Road Pool Deep Water Walking This class incorporates various exercises in deep water to enhance muscle strength and endurance. Flotation equipment is used in the class to help with support in the water during exercises.

Jun 1-Aug 26 M,W,F 6:30-7:30am

Aquacise This high impact water exercise class will focus on flexibility, body conditioning, strength building, and cardio-vascular. This class will focus on small muscle groups. No swimming ability necessary.

Jun 1-Aug 26 M,W,F 7:30-8:30am

Special Events

Stay COOL at the POOL this summer! No pre-registration required; just show up and pay gate admission to the pool for all the fun!

Noodle Day

We provide all the noodles you want to play with!

Optimist Pool

Jun 4 Sa 1:00-4:00pm

Ridge Road Pool

Jun 18 Sa 1:00-4:00pm

Millbrook Pool

Jul 9 Sa 1:00-4:00pm

Lake Johnson Pool

July 23 Sa 1:00-4:00pm



Aquatic Special Events continued next page —

Program Descriptions

Aquatic Special Events continued —

Squirt Wars

Free water toy with admission, while supplies last!
Great family fun!
Biltmore Pool

Longview Pool	Jun 11	Sa	1:00-4:00pm
Chavis Pool	June 25	Sa	1:00-4:00pm
Optimist Pool	Jul 16	Sa	1:00-4:00pm
	Jul 30	Sa	1:00-4:00pm

Fourth of July Party

Bring the whole family out for Independence Day festivities! Popular games all afternoon long!
All pools 1:00-4:00pm

Community

Centers Program

**Assistant Recreation Superintendent and
Community Center Program Supervisors**
Betsy Norris and Lynn Warren

The community centers in the Raleigh Parks and Recreation Department offer diverse leisure and educational opportunities to serve the needs of citizens of all ages and abilities. In an effort to maximize participation, a full compliment of leisure services are available with a goal of maximizing all available time and space. Program categories offered within each facility include arts, athletics, nature, educational, teens, adult and youth. Each site hosts community events and festivals and additionally, collaborates with other agencies to offer specialized programs. Facilities are also available for public rentals such as reunions, parties, retreats, meetings and picnics. For information on Community Centers, call 831-6685 or 831-6677.

Corporate Leisure Services Program

Corporate Leisure Services Supervisor
Karen Hayter

E-mail: Karen.Hayter@ci.raleigh.nc.us
The City of Raleigh Parks and Recreation Department, in an effort to further serve the community, has a unique program especially designed for the corporate sector. The Corporate Leisure Services (CLS) program is an integrated package of professional recreation services available to area businesses. CLS specializes in coordinating company picnics and family days, holiday parties, meeting management, as well as employee appreciation luncheons and other social occasions. Corporate Leisure Services also offers customized teambuilding workshops designed to address the specific goals of your group. CLS provides professional event planning services for a wide variety of corporate needs. Please visit CLS online at

<http://www.raleigh-nc.org/parks&rec/clshome.htm> for more information. Contact us today because it shouldn't be all work and no play! For more information on the CLS program, call 831-6640 ext 6844

English as a Second Language Program

Program Supervisor - Monica Hoey

The English as a Second Language Program (ESL) program offers new and innovative recreation opportunities and experiences for residents of Wake County who speak English as a Second Language. Programs are geared towards youth and adults alike. Opportunities include after-school programs, summer camp experiences, and English classes. Volunteers are always needed to assist with youth activities and help teach English. Please refer to community center listings for language classes. For information on the ESL program 831-6640 ext 6844

Greenways

890-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. A major goal of the Greenway Program is to establish a network of interconnected trails. If you would like us to mail you a copy of our greenway map, please call 890-3285. Or you can visit us online at http://www.raleigh-nc.org/parks&rec/greenway_map.pdf to view a copy of the greenway map.

Nature Programs

City Naturalist - Tiffany Long

Nature Programs are held at Durant Nature Park, Lake Johnson, Shelley Lake, and at various other parks, greenways and community centers around the city. They are diverse and may include nature topics such as reptiles, plants, night hikes and birding. For information on Nature Programs call (919) 831-6640, ext 6843 or 831-6856

Nature Programs for groups:

Science Afield

Join a naturalist at one of City of Raleigh's beautiful parks for a hands-on science lesson on a variety of science and nature

topics. For Grades K-5th. Class fee: \$40 for hour long program, 30 students maximum.

Schoolyard Science

Experience our nature programs without leaving your facility. Students explore science on their school grounds. For grades K-5th. Class fee: \$45 for hour long program (plus additional cost for mileage), 30 students maximum.

Preschool Program

Hands-on nature fun for preschoolers 4-5 years of age. Programs include a story and live animal visitors. Class fee: \$45 for 45 minute program (plus additional cost for mileage), 20 students maximum.

NeighborWoods

Raleigh NeighborWoods is an initiative between the City and the citizens to preserve and enhance our identity as the "City of Oaks." The goal of the Raleigh NeighborWoods program is to plant 2,000 trees annually along neighborhood streets and thoroughfares. The program exceeded this goal in its first year, the 2003-2004 planting season. To support this program, Raleigh is seeking contributions from our citizens and volunteers to help plant and maintain trees. Please mail your contribution to "City of Raleigh NeighborWoods" at PO Box 590, Raleigh, NC 27602. For more information or to volunteer for this program, please contact the City of Raleigh Tree Planting Coordinator, Liz Zimmerman at 872-4115 or email Elizabeth.Zimmerman@ci.raleigh.nc.us

Senior/Adult Programs

Program Supervisors

Steve White and Lisa Wilson

Senior Adult Program serves over 3,000 seniors in the Raleigh area. Activities offered include: sports leagues, such as tennis, golf, bowling and more; over 20 one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of 47 different senior adult clubs throughout the city. For information call 831-6851.

Additional Senior Opportunities

Baseball Games

Come join us and root for your home time favorite. To register call 831-6851. Cost of each trip is \$9. All trips depart from Jaycee Park, 2401 Wade Ave.

Durham Bulls

May 11, June 29 (1:00 pm game time)
July 14, August 2 (7:00 pm game time)

Golden Years Clubs

55Y and up. The Golden Years Clubs are composed of persons 55 and better. Anyone

Program Descriptions

Senior Trips – For Senior/Adult TRIP information, call 831-6851 to get on the mailing list for the following itineraries. All trips listed below depart from Jaycee Park, 2401 Wade Ave.

May

Smith Mountain Lake, VA

Get ready for a delightful day traveling to Smith Mountain Lake, nestled in the foothills of the Appalachian Mountains. A fun lunch cruise awaits you at this scenic setting.

May 5 Th

New Orleans, LA

Fun on the Bayou, featuring the beautiful Garden District.

May 21-27 Sa-F

June

Climax, NC

Spend the day at the Goat Lady Dairy, a 200 year old working farm, where we'll have a guided tour, a delicious lunch, and tasting of their yummy chesnes and other products.

June 9 Th

Burgaw, NC

Enjoy a fun and festive day at the North Carolina Blueberry Festival, featuring live entertainment, food, arts & crafts vendors and more.

June 25 Sa

Hot Springs, VA

Explore the beautiful Homestead Resort and mountain sites.

June 28-30 T-Th

July

West Jefferson, NC

Enjoy the cool temperatures of the mountains as we visit the beautiful Ashe County fresco paintings, located in two 19th century country churches. A great lunch at Shatley Springs Restaurant and visit to the Ashe County Cheese Factory also highlights this wonderful trip.

July 15 F

Vermont

New England beauty abounds on this great excursion.

July 25-30 M-Sa

August

Mystery Trip

Always popular and interesting! Spend the day traveling to ??????. Lots of fun and adventure! Two dates to choose from for this trip.

Aug 10,11 W,Th

NC Coast

Outer Banks lighthouses and coastal attractions.

Aug 23-25 T-Th

ly (mobility) disabilities. Please call our office for more information at 831-6640 ext 6848.

Special Olympics Wake County

Raleigh Parks and Recreation Department is proud to sponsor Special Olympics Wake County. SOWC provides year-round sports training and athletic competition in 18+ different sports for individuals with intellectual disabilities. If you are unsure of eligibility requirements please call. Special Olympics serves ages 8 and above and in addition offers "Play Activities" for ages 5-7 in bowling, basketball skills and track and field. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at different times and locations. Athletes have the option to train on their own if they can't meet our schedule. Be sure to contact us so we can get you the specifics on each sport, as they are available. SOWC is always looking for new athletes, volunteers and coaches; please contact Brian Philpot 807-8378 or Jenny Thompson 831-6835 for additional information and to get on our mailing list.

The following Fall Sports begin training in August. Please contact us for more information.

Cycling – Competition is held in various length road races. Location, times, and dates are TBA.

Golf – There are various levels of play: Skills, alternate shot, 9-hole and 18-hole play. Practice is held at Lochmere Golf Center in Cary. Times and dates are TBA.

Roller-skating – We currently offer speed skating in various length races. Training will be held at Skate Ranch in Raleigh. Times and dates are TBA.

Soccer – Soccer skills and 5-on-5 team play. Times, dates, and location are TBA.

Tennis – Tennis skills and individual play training is led by the NCSU tennis coaches on NCSU campus. Times and dates are TBA.

Volunteer Opportunities

SOWC is always looking for volunteer coaches. If you have experience in any of the sports above (or any other sport) and are interested in working with Special Olympics athletes please contact us. SOWC also provides local competitions where we require the assistance of many volunteers. Volunteer assignments include timers, officials, measurers, heat preparers, score keepers, concessions, starters, etc. Please contact us for our volunteer information.

Deaf and Hard of Hearing Program

The Deaf and Hard of Hearing Program of the Specialized Recreation Services provides recreational programming for those patrons who are Deaf or Hard of Hearing. We provide a variety of opportunities in which those patrons can socialize and learn new activi-

Deaf/Hard of Hearing Program continued next page —

meeting the age requirements may join. Interested persons are invited to join one of the 45 clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. For a complete list of clubs, call 831-6851.

Specialized

Recreation Services

Recreation Program Director

Jenny Thompson
831-6835

Special Olympics Wake County Coordinator

Brian Philpot
807-8378

Adapted Aquatic Program Specialist

Stephanie Stancil
831-6640 ext 6849

Adult Program Specialist

Carmen Rayfield
831-6640 ext 6845

Youth Program Specialist

Jennifer Tabery
831-6640 ext 6848

Visually Impaired Program Specialist

Christine Cummings
831-6640 ext 6847

Deaf and Hard of Hearing Program

Bettie Ittenbach
831-6640 ext 6846

Please be aware that non-resident fees do not apply to our programs at this time.

Return registrations to:

Raleigh Parks and Recreation Department
Specialized Recreation Services
P. O. Box 590
Raleigh, NC 27602

Specialized Recreation Services offers a variety of exciting programs for patrons who are developmentally or physically challenged. Fitness, sports, swimming, horticulture, day and weekend trips, arts and crafts, and fun walks are some of the programs offered. Each program is designed to meet the needs and interests of the participants. Whether you prefer social outings, trips or learning a new skill we are sure to have a program that fits your lifestyle. Some eligibility restrictions may apply. For more information on how to increase the quality of your leisure hours and to get on our mailing list, please give us a call.

Youth and Adult Programs

Our Youth and Adult Programs offer a variety of recreational programs for those individuals with developmental disabilities (EMD, TMD, SMD, MU or Autistic) and/or physical-

Program Descriptions

Deaf/Hard of Hearing Program continued —

ties together. We also offer a variety of classes in which all patrons can learn sign language and practice their communication skills with sign language. If you would like to be added to our mailing list, please contact Bettie Ittenbach at 831-6640 ext 6846 for more information.

Visually Impaired Program

The Visually Impaired Program offers a variety of exciting monthly activities for area residents with a visual impairment. Athletic programs include beepball and bowling. We offer a wide variety of trips to sporting events, family outings, both local and statewide day trips. Classes are scheduled bi-monthly according to interest. Each activity is designed to offer instruction and meet the interests of all ages. Our senior citizens group, The Lords & Ladies, enjoy bi-weekly activities. Our choir, Seabreeze, meets weekly for choir rehearsal and performs for the holidays and in the spring. To receive our bi-monthly newsletter (which is available in large print, Braille, and audio) and increase the quality of your leisure time, please call Christine Cummings at 831-6640 ext 6847.

For specific classes please see Specialized Recreation class listings.

Teen Programs

Program Supervisors

Dana Youst and Shane Brown

The Teen Program at Raleigh Parks and Recreation provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12 to 18 in the City of Raleigh and Wake County. The purpose of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. The Teen Program encourages youth to take an interest in their personal growth and develop-

ment, and helps them realize their potential as responsible young adults and their leadership role as a voice for young adults. For information on Teen programs, call 831-6688.

Custom Teen Programs

Do you have an idea for a great teen activity, but want someone else to help plan and organize it? Let the Teen Program at Raleigh Parks and Recreation plan your next teen event or outing. We have experience planning and providing activities for groups large and small. From an evening trip out to a local event, to a weeklong trip across the state, we can make it happen for your group. Cost for these programs will vary depending on the size of the group and the desired activity. Call us today to hear more about your options for a custom teen program!

Portable Challenge Course for Teens

Age: 11-18yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$15 per staff hour of program with a minimum of 2 hours; we require a 1 to 8 staff member to student ratio.

Tennis Program

Program Supervisor - David Bell

The Raleigh Recreation Department offers 112 public tennis courts (108 are lit) located at 25 sites throughout the city. No advanced

sign up is necessary and it is free to play at any location each day until 10:30pm. Scheduled classes for juniors and adults, from level 1 (no experience necessary, learning the tools you need to play a match), level 2 (learning full swing strokes), level 3 (learning how to hit with spin), level 4 (hitting with spin during match play), level 5 (advanced drills) are currently offered at Millbrook. Level 1 and 2 are offered at Lake Lynn and Pullen Park. Other tennis activities include adult and junior team tennis, USTA adult, combo and senior leagues, World Team Tennis leagues, drop in Senior Tennis, Women's Quads, tournaments and private coaching. There is an active NTRP level ladder program for men and women for singles and doubles. Millbrook Exchange Tennis Center is the hub of activity with 23 lit courts and a front desk which is staffed 363 days a year. Millbrook also has a drop in doubles challenge court, a ball machine court and a dual sided backboard court. A 24 hour stringing/regripping service is available as well as tennis accessories, entry level racquets and racquets to borrow. Tennis program updates and forms can be downloaded from www.raleightennis.com. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 872-4128.

Volunteer

Opportunities for You!

You are invited to become a part of the Raleigh Parks and Recreation Department's Volunteer Program and make a difference in your community. You may volunteer as an individual or as part of a group on a one-time or ongoing basis. The department offers individuals, families, students, businesses and organizations the opportunity to contribute time, talents and resources to our community. Through the efforts of both City staff and volunteers, the Raleigh Parks and Recreation Department can continue its fine tradition of providing quality leisure services to citizens of all ages. For more information, please contact Cindy Trumbower, (919)890-3292 or cindy.trumbower@ci.raleigh.nc.us

Track Out Program — Program Supervisor Toni Webb

New
Program

Raleigh Parks and Recreation is proud to introduce a new Track Out Program beginning Fall 2005. The program will be offered during the Wake County School Year Round Calendar. Cost of the program will be \$125 per week and will be offered at various community centers in Raleigh. An After School Program will also be offered to accommodate year round participants. Brochures will be available in April and registration begins May 16, 2005. Please call Toni Webb at 831-6684 for more information.

The true object of all human life is to play. G.K. Chesterton

Downtown Programming

Amusements

Chavis Carousel

2005 Hours of Operation

Apr 30-May 29	M-Sa 11:00am-3:00pm
	Su 1:00-5:00pm
May 30-Aug 7	M-Sa 12:00-5:00pm
	Su 1:00-5:00pm
Aug 8-Sep 25	M-Sa 11:00am-3:00pm
	Su 1:00-5:00pm

- Tickets are \$1 each.
- Tickets may be purchased at the Carousel or Chavis Community Center.
- Tickets may be used at any time.

Pullen Park Amusements

2005 Hours of Operation

Mar 11-20	M-Th Closed
	F,Sa 10:00am-5:30pm
	Su 1:00-5:30pm
Mar 21-May 8	M-F 10:00am-4:30pm
	Sa 10:00am-6:30pm
	Su 1:00-6:30pm
May 9-Sep 5	M-F 10:00am-6:30pm
	Sa 10:00am-7:30pm
	Su 1:00-7:30pm
Memorial Day, 4th of July, and Labor Day	10:00am-7:30pm
Sep 6-Oct 30	M-F 10:00am-4:00pm
	Sa 10:00am-6:30pm
	Su 1:00-6:30pm
Oct 31-Nov 27	M-Th Closed
	F,Sa 10:00am-5:00pm
	Su 1:00-5:00pm

Tours

Historic Trolley Tours

Location: Mordecai Historic Park
Capital Area Preservation's Historic Trolley Tours is an educational program that brings hundreds of people to downtown Raleigh for an eye-opening introduction to the state capital's historic district. Tours will run every Saturday at 11:00am, 12:00pm, 1:00pm, and 2:00pm. Contact: Capital Area Preservation, Inc. 833-6404.

Additional Downtown Recreation Opportunities

For additional downtown recreation opportunities, please refer to the following locations:

Chavis Community Center

505 MLK Jr. Boulevard
(919) 831-6989

Fletcher Park

820 Clay Street
(919) 831-6430

Pullen Arts Center

105 Pullen Road
(919) 831-6126

Pullen Amusements

520 Ashe Avenue
(919) 831-6468

Pullen Community Center

408 Ashe Avenue
(919) 831-6052

Roberts Park

1300 E. Martin Street
(919) 831-6830

Pullen Aquatics Center

410 Ashe Ave
(919) 831-6197

Mordecai Historical Park

1 Mimosa Street
(919) 834-4844

Raleigh Little Theater

301 Pogue Street
(919) 821-4579

Tucker House

418 N. Person Street
(919) 831-6009



City-Wide Special Events

Waterfront Concert Series

Age: All Ages. Spend a relaxing late afternoon or early evening by a gorgeous lakeside environment listening to live music as the Raleigh Parks and Recreation Department proudly presents the Waterfront Concert Series. Now in its sixth year, this unique series alternates between Lake Johnson and Lake Wheeler Park. Designed to bring back the feeling of the good 'ole days when waterfront concerts represented more carefree and simpler times, the 2005 schedule will showcase North Carolina musicians with a variety of jazz, big band, show band, Latin jazz, flamenco guitar jazz, blues/blues rock, acoustic rock, and blue grass music. Beer and wine sales will be available via a 3rd Party Vendor—coolers will be checked (no privately purchased alcohol will be allowed). Fast-food and soft drink concessions are available for purchase. Ticket purchases must be accomplished at either Lake Wheeler or Lake Johnson with tickets going on sale two weeks prior to each concert—with most being sold on the evening of each event (plenty of tickets available so don't worry about them selling out). But better yet is the fact that tickets are only \$5 per person. Seating will be provided on the open deck areas (where the concerts are held) for the first 300 people. Additional overflow traffic should bring chairs and/or blankets to be seated by the shoreline, docks, or picnic areas. For additional information, contact Benn Hermann, Lake Wheeler Park Manager at 662-5704 or 662-5712 or Lila Mill, Lake Johnson Park Manager, 233-2121.

Class Fee: \$5

Location: Lake Johnson

Wishful Thinking

#36785 May 7 Sa 6:00-8:00pm

Sweet Potato Pie

#36786 Jun 25 Sa 7:00-9:00pm

Frank Corbi Quartet

#36787 Jul 16 Sa 7:00-9:00pm

Borrowed Times

#36788 Aug 13 Sa 7:00-9:00pm

Location: Lake Wheeler

The Wells Family Bluegrass Band

#37387 May 15 Su 6:00-8:00pm

Bluesville

#37388 Jun 18 Sa 7:00-9:00pm

Pockit

#37389 Aug 20 Sa 7:00-9:00pm

May

Health & Wellness Celebration

Location: Method Road Community Center
Age: 5-99yrs. Representatives from leading Health Challenges will set up tables to display information and discuss presentative ways to avoid and improve health in these areas. Other informative areas include Nutrition, Different forms of exercise, Bicycle rodeo, and other demos. Class Fee: \$0
#37228 May 7 Sa 11:00am-3:00pm

Piedmont Classic Chevy Car Show

Location: Lake Wheeler

Age: 5-90yrs. The Piedmont Classic Chevy Club proudly announces their 16th Annual 'Made In The USA' Open Car Show, on Saturday May 21, 2005. This year the club has been invited to have the show at scenic Lake Wheeler Park, Raleigh, NC—to be held by the large picnic shelters and areas. The car show will be located at the picnic grounds within the park. This show had previously been held at the Raleigh Elks Lodge. This year the club will be celebrating the 50th anniversary of the 1955 Chevrolet. The show is open to all pre-1986 Ford, GM, Chrysler, Street Rods and other US Makes. Best of awards will be presented to Best Chevy, Best other GM, Best Ford, Best Mopar, Best Street Rod, Best Trailered, Best Other US Makes, Best Special Interest and Best 1955 Chevrolet. Photo Plaques will be presented to the first 200 entries. There will be lots of fun activities, including a 50/50 drawing, door prizes, games for all to participate in and music provided by DJ. Food and Refreshments will be available on site. A contribution from the show proceeds will be made to local charities. Awards will be presented starting at 3PM. The 2004 car show had a total of 177 cars and the PCC Club expects to have a tremendous turn out for 2005. Bring your family to join in the fun and bring your classic car. There is no fee just to come and browse.

For more information on how to register a vehicle, visit the Piedmont Classic Chevy Club Web Site at www.piedmontccc.com or call Ron Thomas at 878-4447 or Jeff Hopp at 467-9594. For info on Lake Wheeler Park visit the web site at parks.raleighnc.gov.

Class Fee: \$0

#37439 May 21 Sa 9:00am-5:00pm

June

Strings Attached Concert – Pullen Arts

Location: Pullen Arts Center

Age: 1yrs and up. An outdoor concert celebrating acoustic music featuring Ed Stephenson & the Paco Band playing 'high-energy flamenco music!' Bring your lawn chairs, blankets and a picnic dinner and enjoy an evening out in the park with the pleasing sounds of the Paco Band. Food concessions available. Concert site is the front lawn of Pullen Arts Center, 105 Pullen Road. Tickets are \$3 and will be available 'at the door.' Alcoholic beverages are not allowed in the park. Rain Date: Friday, June 10, 2005. Class Fee: \$3

#35982 Jun 3 F 7:00-9:00pm

Worthdale Community Fun Day

Location: Worthdale Community Center

Age: All Ages. Come out and experience a fun filled day with family and friends. Enjoy music, food, a live D.J., and entertainment. Fun for all ages. Free admission! Class Fee: \$0
#36582 Jun 4 Sa 12:00-4:00pm

Annual Kid's Fishing Derby

Location: Lake Wheeler

Age: 5-12yrs. The widely popular annual Lake Wheeler Kid's Fishing Derby will be conducted on Saturday, June 4, 2005 from 9am-1pm. Kids ages 5 through 12 may participate in this yearly event. The derby will be conducted by the Simpkins Pond area of Lake Wheeler Park and parents should begin registering their children at 8am (on site registration only—please do not try to register on line as this event is free). There is no fee for this event and thousands of dollars of prizes will be awarded—courtesy of WalMart. The fishing derby will kick off sharply at 9am and end at 12 noon. Please note that only children may participate in this tournament—not the parents. Following the event there will be a free hot dog cookout—courtesy of Walmart. This is a wonderful family event and is designed to foster interest in one of America's fastest growing outdoor sports—fishing! Children will be broken down into two groups: Group A ages 5-8; and Group B ages 9-12. Please do not wait until 9am to register as that is when the event begins. For more information contact Ben Herrmann, Park Manager at 662-5704 or 5712.

Parents please ensure that children bring poles and natural bait (i.e. worms, hot dogs, bread, crickets, etc.). No artificial bait or lures are allowed for this event. Class Fee: \$0
#37421 Jun 4 Sa 8:00am-12:00pm

Hershey Track Meet – Wake County Local

Age: 9-14yrs. This event is designed to introduce youth to physical fitness through basic track and field events such as running, throwing and jumping. Participants have an opportunity to advance to compete at the regional, state and possibly the national level. Site: TBA. Class Fee: \$0
#36234 Jun 14 T 9:30am-1:30pm

July

July 4th Celebration

Bring your family to the NC State Fairgrounds for rides, games, live entertainment and a fireworks show! Free.

Jul 4 3-10pm

Raindate: July 5 (fireworks only)

Adventure

Adult

Mountain Bike Sampler

Location: Wade Ave. Administrative Office Bldg.
Age: 14yrs and up. This is a 1-day comprehensive mountain biking workshop. Qualified instructors provide a complete introduction to the sport of mountain biking. The first half will be spent on the basics, starting with skills including shifting, braking, body position, falling strategies, and overcoming obstacles. The second half will wrap up with an introductory trail ride to put new skills into practice. Learn to ride comfortably, more smoothly, and over bigger obstacles by experimenting with proven mountain biking methodology. Instruction, transportation, and some equipment are provided. Bikes are not provided. Bring a personal bike and helmet or contact the Adventure office about rental options in the area. The minimum age for the course is 14. Participants ages 14-15 must be accompanied by an adult participating in the program. For more information please contact the Adventure Program at 831-6855. Class Fee: \$55

#36092	May 7	Sa	9:00am-5:00pm
#36095	Aug 27	Sa	9:00am-5:00pm

Mountain Biking – Trail Rides

Location: Wade Ave. Administrative Office Bldg.
Age: 14yrs and up. Fantastic Mountain biking opportunities abound across the triangle. Join our staff for a seasonal trail ride at various area locations. Staff members provide impromptu instructional opportunities that will help to build the riding skills of partici-

pants. Develop skills, discover a new area, and enjoy the camaraderie that goes along with riding with the pack. Transportation and instruction provided. Bikes are not provided. Bring a personal bike and helmet or contact the Adventure office about rental options in the area. Prerequisites include attendance in Mountain Bike Sampler or proven equivalency of skills. The minimum age for the course is 14. Participants ages 14-15 must be accompanied by an adult participating in the program. For more information please contact the Adventure Program at 831-6855.

Class Fee: \$45

#36155	May 14	Sa	9:00am-5:00pm
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Neuse Canoe Sampler

Location: Wade Ave. Administrative Office Bldg.
Age: 12yrs and up. This great tandem canoe program will show participants how to catch an eddy and read a rapid. The program is great for sharing with a friend, your partner, a youth, or the entire family. Designed as a sampler, this program gives an introductory experience to canoeing on the Neuse River. It is suitable for beginners or those with previous river experience. The intent is not to teach a complete 'How-To' course, but instead to build a solid foundation of canoeing skills. This trip is planned for the Neuse River because of its close proximity and beginner rapids (Class I & II) which allow for fun and the learning of river techniques such as eddy hopping and ferrying. The Adventure staff will provide a supportive environment in which participants can test newly acquired skills. Come out for fun on this hometown river that participants will agree is worth noticing. Instruction, transportation, canoes, and equipment are provided. Students must have basic swimming ability and comfort in

water. The minimum age for this trip is 12. Participants ages 12-15 must be accompanied by an adult participating in the program. For more information, contact the Adventure Program at 831-6855. Class Fee: \$40 for adults and \$30 for youth 12-15.

#36079	May 13-15	F,Su
#36080	Aug 26-28	F,Su

Rock Climbing – Pilot Mountain

Location: Wade Ave. Administrative Office Bldg.
Age: 12yrs and up. Native Americans called it Jomeokee, meaning 'Great Guide' or 'Pilot.' 'Pilot' is a unique North Carolina peak popular with climbers all over the Southeast. This trip will provide the beginner with all the basic knowledge of climbing techniques necessary for successful climbing. Experienced staff will set up climbs that are suited for a beginning group of climbers, so be prepared for a full day of muscle burn and fun! Equipment, instruction, and transportation are provided. The physical nature of this course requires that participants have a moderate level of physical fitness and a comfort with heights up to fifty feet. The minimum age for this course is 12, and ages 12-15 must be accompanied by an adult participating in the program. For more information, contact the Adventure Program at 831-6855. Class Fee: \$75

#36083	May 7	Sa	6:00am-9:00pm
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Aquatics

Preschool

Parent & Child Swim Lesson Level A

Age: 6mths-5yrs. For children who have little or no previous water experiences. The purpose of this course is to help develop swimming readiness. Parents and their children will be led in water exploration activities with the objective of having fun and becoming comfortable with the water. Children with two or more previous sessions in the water who submerge only reluctantly (or not at all) or require flotation support at all times should enroll in Parent & Child Level B. Class Fee: \$45

Optimist Pool M,W

#34680	Jun 6-29	M,W	10:30-11:00 am
#34681	Jun 6-29	M,W	11:00-11:30am
#34682	Jul 11-Aug 10	M,W	10:30-11:00am
#34684	Jul 11-Aug 10	M,W	11:00-11:30am

Optimist Pool M-Th

#34688	Jun 6-16	M-Th	5:20-5:50pm
#34690	Jun 6-16	M-Th	6:00-6:30pm
#34691	Jun 20-30	M-Th	5:20-5:50pm
#34692	Jun 20-30	M-Th	6:00-6:30pm
#34693	Jul 11-21	M-Th	5:20-5:50pm
#34694	Jul 11-Aug 4	M-Th	6:00-6:30pm
#34695	Jul 25-Aug 4	M-Th	5:20-5:50pm
#34696	Jul 25-Aug 4	M-Th	6:00-6:30pm
#34697	Aug 8-18	M-Th	5:20-5:50pm
#34698	Aug 8-18	M-Th	6:00-6:30pm

Swim Lessons Level A continued next page —

Swim Lessons Level A continued —

Pullen Aquatic

#34916	Jun 6-16	M-Th	10:00-10:30am
#34974	Jun 6-16	M-Th	11:20-11:50am
#34975	Jun 6-16	M-Th	5:45-6:15pm
#34976	Jun 20-30	M-Th	10:00-10:30am
#34977	Jun 20-30	M-Th	11:20-11:50am
#34978	Jun 20-30	M-Th	5:45-6:15pm
#34979	Jul 11-21	M-Th	10:00-10:30am
#34980	Jul 11-21	M-Th	11:20-11:50am
#34981	Jul 11-21	M-Th	5:45-6:15pm
#34982	Jul 25-Aug 4	M-Th	10:00-10:30am
#34983	Jul 25-Aug 4	M-Th	11:20-11:50am
#34984	Jul 25-Aug 4	M-F	5:45-6:15pm

Lake Johnson Pool

#35397	Jun 6-16	M-Th	11:20-11:50am
#35398	Jun 6-16	M-Th	5:20-5:50pm
#35399	Jun 20-30	M-Th	11:20-11:50am
#35400	Jun 20-30	M-Th	5:20-5:50pm
#35401	Jul 11-21	M-Th	11:20-11:50am
#35402	Jul 11-22	M-F	5:20-5:50pm
#35403	Jul 25-Aug 4	M-Th	11:20-11:50am
#35405	Jul 25-Aug 4	M-Th	5:20-5:50pm

Millbrook Pool

#35538	Jun 6-16	M-Th	10:40-11:10am
#35539	Jun 6-16	M-Th	6:00-6:30pm
#35540	Jun 20-30	M-Th	10:40-11:10am
#35541	Jun 20-Jul 1	M-F	6:00-6:30pm
#35542	Jul 11-21	M-Th	10:40-11:10am
#35543	Jul 11-21	M-Th	6:00-6:30pm
#35544	Jul 25-Aug 4	M-Th	10:40-11:10am
#35545	Jul 25-Aug 4	M-Th	6:00-6:30pm

Ridge Road Pool

#35773	Jun 6-16	M-Th	11:20-11:50am
#35774	Jun 6-16	M-Th	5:20-5:50pm
#35775	Jun 20-30	M-Th	11:20-11:50am
#35776	Jun 20-30	M-Th	5:20-5:50pm
#35777	Jul 11-21	M-Th	11:20-11:50am
#35778	Jul 11-21	M-F	5:20-5:50pm
#35779	Jul 25-Aug 4	M-Th	11:20-11:50am
#35780	Jul 25-Aug 4	M-Th	5:20-5:50pm

Parent & Child Swim Lesson Level B

Age: 6mths-5yrs. For children who have little or no previous water experiences. Purpose of this course is to help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water. Children ready to learn without a parent or caregiver should enroll in an appropriate Learn-to-Swim Level. Class Fee: \$45

Optimist Pool

#34699	Jun 6-16	M-Th	10:00-10:30am
#34700	Jun 6-16	M-Th	11:20-11:50am
#34701	Jun 6-16	M-Th	5:20-5:50pm
#34702	Jun 20-30	M-Th	10:00-10:30am
#34703	Jun 20-30	M-Th	11:20-11:50am
#34704	Jun 20-30	M-Th	5:20-5:50pm
#34705	Jul 11-21	M-Th	10:00-10:30am
#34706	Jul 11-21	M-Th	11:20-11:50am
#34707	Jul 11-21	M-Th	5:20-5:50pm
#34708	Jul 25-Aug 4	M-Th	10:00-10:30am
#34709	Jul 25-Aug 4	M-Th	11:20-11:50am
#34710	Jul 25-Aug 4	M-Th	5:20-5:50pm
#34711	Aug 8-18	M-Th	10:00-10:30am
#34712	Aug 8-18	M-Th	11:20-11:50am
#34713	Aug 8-18	M-Th	5:20-5:50pm

Pullen Aquatic

#34992	Jun 6-16	M-Th	10:40-11:10am
#34993	Jun 6-16	M-Th	6:25-6:55pm
#34994	Jun 20-30	M-Th	10:40-11:10am
#34995	Jun 20-30	M-Th	6:25-6:55pm

#34996	Jul 11-21	M-Th	10:40-11:10am
#34997	Jul 11-21	M-Th	6:25-6:55pm
#34998	Jul 25-Aug 4	M-Th	10:40-11:10am
#34999	Jul 25-Aug 4	M-F	6:25-6:55pm

Chavis Pool

#35289	Jun 6-16	M-Th	11:10-11:40am
#35290	Jun 6-16	M-Th	5:30-6:00pm
#35324	Jun 20-30	M-Th	11:10-11:40am
#35325	Jun 20-30	M-Th	5:30-6:00pm
#35326	Jul 11-21	M-Th	11:10-11:40am
#35327	Jul 11-21	M-Th	5:30-6:00pm
#35328	Jul 25-Aug 4	M-Th	11:10-11:40am
#35329	Jul 25-Aug 4	M-Th	5:30-6:00pm

Longview Pool

#35357	Jun 6-16	M-Th	4:40-5:10pm
#35358	Jun 6-16	M-Th	6:00-6:30pm
#35361	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35362	Jul 25-Aug 4	M-Th	6:00-6:30pm

Lake Johnson Pool

#35413	Jun 6-16	M-Th	10:00-10:30am
#35414	Jun 6-16	M-Th	11:20-11:50am
#35415	Jun 6-16	M-Th	12:00-12:30pm
#35420	Jun 6-16	M-Th	4:40-5:10pm
#35421	Jun 6-16	M-Th	5:20-5:50pm
#35422	Jun 6-16	M-Th	6:00-6:30pm
#35425	Jun 20-30	M-Th	10:00-10:30am
#35426	Jun 20-30	M-Th	11:20-11:50am
#35427	Jun 20-30	M-Th	12:00-12:30pm
#35428	Jun 20-30	M-Th	4:40-5:10pm
#35429	Jun 20-30	M-Th	5:20-5:50pm
#35430	Jun 20-30	M-Th	6:00-6:30pm
#35431	Jul 11-21	M-Th	10:00-10:30am
#35432	Jul 11-21	M-Th	11:20-11:50am
#35433	Jul 11-21	M-Th	12:00-12:30pm
#35435	Jul 11-22	M-F	4:40-5:10pm
#35436	Jul 11-22	M-F	5:20-5:50pm
#35437	Jul 11-22	M-F	6:00-6:30pm
#35438	Jul 25-Aug 4	M-Th	10:00-10:30am
#35439	Jul 25-Aug 4	M-Th	11:20-11:50am
#35440	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35441	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35442	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35443	Jul 25-Aug 4	M-Th	6:00-6:30pm

Millbrook Pool

#35546	Jun 6-16	M-Th	9:20-9:50am
#35547	Jun 6-16	M-Th	10:00-10:30am
#35548	Jun 6-16	M-Th	10:40-11:10am

#35549	Jun 6-16	M-Th	11:20-11:50am
#35550	Jun 6-16	M-Th	12:00-12:30pm
#35551	Jun 6-16	M-Th	4:40-5:10pm
#35608	Jun 6-16	M-Th	5:20-5:50pm
#35609	Jun 6-16	M-Th	6:00-6:30pm
#35610	Jun 20-30	M-Th	9:20-9:50am
#35611	Jun 20-30	M-Th	10:00-10:30am
#35612	Jun 20-30	M-Th	10:40-11:10am
#35613	Jun 20-30	M-Th	11:20-11:50am
#35614	Jun 20-30	M-Th	12:00-12:30pm
#35615	Jun 20-Jul 1	M-F	4:40-5:10pm
#35616	Jun 20-Jul 1	M-F	5:20-5:50pm
#35617	Jun 20-Jul 1	M-F	6:00-6:30pm
#35618	Jul 11-21	M-Th	9:20-9:50am
#35619	Jul 11-21	M-Th	10:00-10:30am
#35620	Jul 11-21	M-Th	10:40-11:10am
#35621	Jul 11-21	M-Th	11:20-11:50am
#35622	Jul 11-21	M-Th	12:00-12:30pm
#35623	Jul 11-21	M-Th	4:40-5:10pm
#35624	Jul 11-21	M-Th	5:20-5:50pm
#35625	Jul 11-21	M-Th	6:00-6:30pm
#35626	Jul 25-Aug 4	M-Th	9:20-9:50am
#35627	Jul 25-Aug 4	M-Th	10:00-10:30am
#35628	Jul 25-Aug 4	M-Th	10:40-11:10am
#35629	Jul 25-Aug 4	M-Th	11:20-11:50am
#35630	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35631	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35632	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35633	Jul 25-Aug 4	M-Th	6:00-6:30pm

Ridge Road Pool

#35781	Jun 6-16	M-Th	10:00-10:30am
#35782	Jun 6-16	M-Th	10:40-11:10am
#35783	Jun 6-16	M-Th	12:00-12:30pm
#35784	Jun 6-16	M-Th	4:40-5:10pm
#35785	Jun 6-16	M-Th	5:20-5:50pm
#35786	Jun 6-16	M-Th	6:00-6:30pm
#35787	Jun 20-30	M-Th	10:00-10:30am
#35788	Jun 20-30	M-Th	10:40-11:10am
#35789	Jun 20-30	M-Th	12:00-12:30pm
#35790	Jun 20-30	M-Th	4:40-5:10pm
#35791	Jun 20-30	M-Th	5:20-5:50pm
#35792	Jun 20-30	M-Th	6:00-6:30pm
#35793	Jul 11-21	M-Th	10:00-10:30am
#35794	Jul 11-21	M-Th	10:40-11:10am
#35795	Jul 11-21	M-Th	12:00-12:30pm
#35796	Jul 11-21	M-F	4:40-5:10pm
#35797	Jul 11-21	M-F	5:20-5:50pm



#35798	Jul 11-21	M-F	6:00-6:30pm
#35799	Jul 25-Aug 4	M-Th	10:00-10:30am
#35800	Jul 25-Aug 4	M-Th	10:40-11:10am
#35801	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35802	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35803	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35804	Jul 25-Aug 4	M-Th	6:00-6:30pm

Youth

Fitness Swimmer – Level 6

Location: Optimist Pool

Age: 10yrs and up. Purpose: To refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances.

Learning Objectives

- Increase endurance while performing the following strokes: Front crawl, Back crawl, Butterfly, Elementary backstroke, Breaststroke, Sidestroke
- Demonstrate the following turns while swimming: Front crawl open turn, Backstroke open turn, Sidestroke open turn, Front flip turn, Backstroke flip, Butterfly Turn, Breaststroke Turn
- Demonstrate etiquette in fitness swimming
- Discuss and demonstrate how to use the following while swimming: Pull buoy; Fins; Pace clock; and Paddles.
- Describe the principles of setting up a fitness program
- Demonstrate various training techniques
- Calculate target heart rate
- Apply the principles of water exercise

Class Fee: \$40

#34674	Jun 6-16	M-Th	12:00-12:30pm
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Fundamentals of Diving – Level 6

Location: Optimist Pool

Age: 10yrs and up. Purpose: To refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.

- To introduce and practice fundamental springboard diving skills.

Learning Objectives:

- Increase endurance while performing the following strokes: Front crawl, Back crawl, Butterfly, Elementary backstroke, Breaststroke, Sidestroke
- Demonstrate the following turns while swimming: Front crawl open turn, Backstroke open turn, Sidestroke open turn, Front flip turn, Backstroke flip turn, Butterfly Turn, Breaststroke Turn
- Discuss basic stretching exercises for diving
- Demonstrate a standing, front jump from the edge of the diving board
- Demonstrate a front, line-up entry from the edge of the diving board
- Demonstrate a front approach with hurdle

Class Fee: \$40

#34676	Jun 20-30	M-Th	12:00-12:30pm
#34677	Aug 8-18	M-Th	12:00-12:30pm

Personal Water Safety – Level 6

Location: Optimist Pool

Age: 10yrs and up. Purpose: To refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.

- To teach students how to prevent aquatic emergencies in open water environments.
- To introduce and practice self-rescue techniques.

Learning Objectives:

- Increase endurance while performing the following strokes: Front crawl, Back crawl, Butterfly, Elementary backstroke, Breaststroke, Sidestroke
- Demonstrate the following turns while swimming: Front crawl open turn, Backstroke open turn, Sidestroke open turn, Front flip turn, Backstroke flip, Butterfly Turn, Breaststroke Turn
- Tread water with hands, in deep water
- Tread water, kicking only, in deep water
- Demonstrate a feet-first surface dive and retrieve and object from a depth of 7 feet
- Demonstrate the H.E.L.P. position and the huddle position
- Demonstrate a survival float in deep water
- Demonstrate a back float in deep water
- Demonstrate survival swimming
- Swim while clothed, using any type of stroke
- Demonstrate self-self-rescue t

Class Fee: \$40

#34679	Jul 25-Aug 4	M-Th	12:00-12:30pm
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Swim Lesson – Level 1 Intro Water Skills

Age: 3yrs and up. Purpose: Helps students feel comfortable in the water.

Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Change direction while walking or paddling
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support
- Use a life jacket

Level 1 participants receive a Raffy Learns to Swim full-color booklet that reinforces learning and provides parents with additional information about their child's progress.

Class Fee: \$40

Optimist Pool

#34714	Jun 6-16	M-Th	10:00-10:30am
#34715	Jun 6-16	M-Th	10:40-11:10am
#34716	Jun 6-16	M-Th	11:20-11:50am
#34717	Jun 6-16	M-Th	12:00-12:30pm
#34718	Jun 6-16	M-Th	4:00-4:30pm
#34719	Jun 6-16	M-Th	4:40-5:10pm
#34720	Jun 6-16	M-Th	5:20-5:50pm
#34721	Jun 6-16	M-Th	6:00-6:30pm
#34722	Jun 20-30	M-Th	10:00-10:30am

#34723	Jun 20-30	M-Th	10:40-11:10am
#34724	Jun 20-30	M-Th	11:20-11:50am
#34725	Jun 20-30	M-Th	12:00-12:30pm
#34726	Jun 20-30	M-Th	4:00-4:30pm
#34727	Jun 20-30	M-Th	4:40-5:10pm
#34728	Jun 20-30	M-Th	5:20-5:50pm
#34729	Jun 20-30	M-Th	6:00-6:30pm
#34730	Jul 11-21	M-Th	10:00-10:30am
#34731	Jul 11-21	M-Th	10:40-11:10am
#34732	Jul 11-21	M-Th	11:20-11:50am
#34733	Jul 11-21	M-Th	12:00-12:30pm
#34734	Jul 11-21	M-Th	4:00-4:30pm
#34735	Jul 11-21	M-Th	4:40-5:10pm
#34736	Jul 11-21	M-Th	5:20-5:50pm
#34737	Jul 11-21	M-Th	6:00-6:30pm
#34738	Jul 25-Aug 4	M-Th	10:00-10:30am
#34739	Jul 25-Aug 4	M-Th	10:40-11:10am
#34740	Jul 25-Aug 4	M-Th	11:20-11:50am
#34741	Jul 25-Aug 4	M-Th	12:00-12:30pm
#34742	Jul 25-Aug 4	M-Th	4:00-4:30pm
#34743	Jul 25-Aug 4	M-Th	4:40-5:10pm
#34744	Jul 25-Aug 4	M-Th	5:20-5:50pm
#34745	Jul 25-Aug 4	M-Th	6:00-6:30pm
#34746	Aug 8-18	M-Th	10:00-10:30am
#34747	Aug 8-18	M-Th	10:40-11:10am
#34748	Aug 8-18	M-Th	11:20-11:50am
#34749	Aug 8-18	M-Th	12:00-12:30pm
#34750	Aug 8-18	M-Th	4:00-4:30pm
#34751	Aug 8-18	M-Th	4:40-5:10pm
#34752	Aug 8-18	M-Th	5:20-5:50pm
#34753	Aug 8-18	M-Th	6:00-6:30pm

Pullen Aquatic Center

#35000	Jun 6-16	M-Th	10:00-10:30am
#35001	Jun 6-16	M-Th	10:40-11:10am
#35002	Jun 6-16	M-Th	11:20-11:50am
#35003	Jun 6-16	M-Th	5:45-6:15pm
#35004	Jun 6-16	M-Th	6:25-6:55pm
#35005	Jun 6-16	M-Th	7:05-7:35pm
#35008	Jun 20-30	M-Th	10:00-10:30am
#35009	Jun 20-30	M-Th	10:40-11:10am
#35010	Jun 20-30	M-Th	11:20-11:50am
#35011	Jun 20-30	M-Th	5:45-6:15pm
#35012	Jun 20-30	M-Th	6:25-6:55pm
#35013	Jun 20-30	M-Th	7:05-7:35pm
#35014	Jul 11-21	M-Th	10:00-10:30am
#35015	Jul 11-21	M-Th	10:40-11:10am
#35016	Jul 11-21	M-Th	11:20-11:50am
#35017	Jul 11-21	M-Th	5:45-6:15pm
#35018	Jul 11-21	M-Th	6:25-6:55pm
#35019	Jul 11-21	M-Th	7:05-7:35pm
#35020	Jul 25-Aug 4	M-Th	10:00-10:30am
#35021	Jul 25-Aug 4	M-Th	10:40-11:10am
#35022	Jul 25-Aug 4	M-Th	11:20-11:50am
#35026	Jul 25-Aug 4	M-F	5:45-6:15pm
#35027	Jul 25-Aug 4	M-F	6:25-6:55pm
#35028	Jul 25-Aug 4	M-F	7:05-7:35pm

Biltmore Pool

#35254	Jun 6-16	M-Th	5:30-6:00pm
#35255	Jun 20-30	M-Th	5:30-6:00pm
#35256	Jul 25-Aug 4	M-Th	5:30-6:00pm

Chavis Pool

#35271	Jun 6-16	M-Th	10:30-11:00am
#35272	Jun 6-16	M-Th	5:30-6:00pm
#35330	Jun 20-30	M-Th	10:30-11:00am
#35331	Jun 20-30	M-Th	5:30-6:00pm
#35332	Jul 11-21	M-Th	10:30-11:00am
#35333	Jul 11-21	M-Th	5:30-6:00pm
#35334	Jul 25-Aug 4	M-Th	10:30-11:00am
#35335	Jul 25-Aug 4	M-Th	5:30-6:00pm

Longview Pool

#35365	Jun 6-16	M-Th	5:20-5:50pm
#35366	Jun 6-16	M-Th	6:00-6:30pm
#35367	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35368	Jul 25-Aug 4	M-Th	6:00-6:30pm

Level 1 Intro to Water Skills continued next page —

Level 1 Intro to Water Skills continued —

Lake Johnson Pool

#35444	Jun 6-16	M-Th	10:00-10:30am
#35445	Jun 6-16	M-Th	10:40-11:10am
#35446	Jun 6-16	M-Th	12:00-12:30pm
#35447	Jun 6-16	M-Th	4:40-5:10pm
#35448	Jun 6-16	M-Th	5:20-5:50pm
#35449	Jun 6-16	M-Th	6:00-6:30pm
#35450	Jun 20-30	M-Th	10:00-10:30am
#35451	Jun 20-30	M-Th	10:40-11:10am
#35452	Jun 20-30	M-Th	12:00-12:30pm
#35453	Jun 20-30	M-Th	4:40-5:10pm
#35454	Jun 20-30	M-Th	5:20-5:50pm
#35455	Jun 20-30	M-Th	6:00-6:30pm
#35456	Jul 11-21	M-Th	10:00-10:30am
#35457	Jul 11-21	M-Th	10:40-11:10am
#35458	Jul 11-21	M-Th	12:00-12:30pm
#35459	Jul 11-22	M-F	4:40-5:10pm
#35460	Jul 11-22	M-F	5:20-5:50pm
#35462	Jul 11-22	M-F	6:00-6:30pm
#35463	Jul 25-Aug 4	M-Th	10:00-10:30am
#35464	Jul 25-Aug 4	M-Th	10:40-11:10am
#35465	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35466	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35467	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35468	Jul 25-Aug 4	M-Th	6:00-6:30pm

Millbrook Pool

#35634	Jun 6-16	M-Th	10:00-10:30am
#35635	Jun 6-16	M-Th	10:40-11:10am
#35636	Jun 6-16	M-Th	11:20-11:50am
#35637	Jun 6-16	M-Th	12:00-12:30pm
#35638	Jun 6-16	M-Th	4:40-5:10pm
#35639	Jun 6-16	M-Th	5:20-5:50pm
#35640	Jun 6-16	M-Th	6:00-6:30pm
#35653	Jun 20-30	M-Th	10:00-10:30am
#35654	Jun 20-30	M-Th	10:40-11:10am
#35656	Jun 20-30	M-Th	11:20-11:50am
#35657	Jun 20-30	M-Th	12:00-12:30pm
#35658	Jun 20-Jul 1	M-F	4:40-5:10pm
#35659	Jun 20-Jul 1	M-F	5:20-5:50pm
#35661	Jun 20-Jul 1	M-F	6:00-6:30pm
#35662	Jul 11-21	M-Th	10:00-10:30am
#35664	Jul 11-21	M-Th	10:40-11:10am
#35666	Jul 11-21	M-Th	11:20-11:50am
#35668	Jul 11-21	M-Th	12:00-12:30pm
#35669	Jul 11-21	M-Th	4:40-5:10pm
#35670	Jul 11-21	M-Th	5:20-5:50pm
#35671	Jul 11-21	M-Th	6:00-6:30pm
#35672	Jul 25-Aug 4	M-Th	10:00-10:30am
#35673	Jul 25-Aug 4	M-Th	10:40-11:10am
#35674	Jul 25-Aug 4	M-Th	11:20-11:50am
#35675	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35676	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35677	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35678	Jul 25-Aug 4	M-Th	6:00-6:30pm

Ridge Road Pool

#35805	Jun 6-16	M-Th	10:00-10:30am
#35806	Jun 6-16	M-Th	10:40-11:10am
#35807	Jun 6-16	M-Th	11:20-11:50am
#35808	Jun 6-16	M-Th	4:40-5:10pm
#35809	Jun 6-16	M-Th	5:20-5:50pm
#35810	Jun 6-16	M-Th	6:00-6:30pm
#35811	Jun 20-30	M-Th	10:00-10:30am
#35812	Jun 20-30	M-Th	10:40-11:10am
#35813	Jun 20-30	M-Th	11:20-11:50am
#35814	Jun 20-30	M-Th	4:40-5:10pm
#35815	Jun 20-30	M-Th	5:20-5:50pm
#35816	Jun 20-30	M-Th	6:00-6:30pm
#35817	Jul 11-21	M-Th	10:00-10:30am
#35818	Jul 11-21	M-Th	10:40-11:10am
#35819	Jul 11-21	M-Th	11:20-11:50am
#35820	Jul 11-21	M-F	4:40-5:10pm
#35821	Jul 11-21	M-F	5:20-5:50pm
#35822	Jul 11-21	M-F	6:00-6:30pm
#35823	Jul 25-Aug 4	M-Th	10:00-10:30am

#35824	Jul 25-Aug 4	M-Th	10:40-11:10am
#35825	Jul 25-Aug 4	M-Th	11:20-11:50am
#35826	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35827	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35828	Jul 25-Aug 4	M-Th	6:00-6:30pm

**Swim Lesson –
Level 2 Fundamental Skills**

Age: 3yrs and up. Purpose: Gives students success with fundamental skills.

Level 2 participants learn to:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in a rhythmic pattern (bobbing)
- Open eyes underwater, pick up a submerged object in shallow water
- Float on front and back
- Perform front and back glide
- Change direction of travel paddling on front or back
- Roll over from front to back, back to front
- Tread water using arm and leg motions (chest-deep water)
- Swim on front, back, and side using combined arm and leg actions
- Move in the water while wearing a life jacket

Level 2 participants receive a Raffy Learns to Swim full-color booklet that reinforces learning and provides parents with additional information about their child's progress.

Class Fee: \$40

Optimist Pool

#34761	Jun 6-16	M-Th	10:00-10:30am
#34762	Jun 6-16	M-Th	10:40-11:10am
#34763	Jun 6-16	M-Th	11:20-11:50am
#34764	Jun 6-16	M-Th	12:00-12:30pm
#34765	Jun 6-16	M-Th	4:00-4:30pm
#34766	Jun 6-16	M-Th	4:40-5:10pm
#34767	Jun 6-16	M-Th	5:20-5:50pm
#34768	Jun 6-16	M-Th	6:00-6:30pm

#34769	Jun 20-30	M-Th	10:00-10:30am
#34770	Jun 20-30	M-Th	10:40-11:10am
#34771	Jun 20-30	M-Th	11:20-11:50am
#34772	Jun 20-30	M-Th	12:00-12:30pm
#34773	Jun 20-30	M-Th	4:00-4:30pm
#34774	Jun 20-30	M-Th	4:40-5:10pm
#34775	Jun 20-30	M-Th	5:20-5:50pm
#34776	Jun 20-30	M-Th	6:00-6:30pm
#34777	Jul 11-21	M-Th	10:00-10:30am
#34778	Jul 11-21	M-Th	10:40-11:10am
#34779	Jul 11-21	M-Th	11:20-11:50am
#34780	Jul 11-21	M-Th	12:00-12:30pm
#34781	Jul 11-21	M-Th	4:00-4:30pm
#34782	Jul 11-21	M-Th	4:40-5:10pm
#34783	Jul 11-21	M-Th	5:20-5:50pm
#34784	Jul 11-21	M-Th	6:00-6:30pm
#34786	Jul 25-Aug 4	M-Th	10:00-10:30am
#34787	Jul 25-Aug 4	M-Th	10:40-11:10am
#34788	Jul 25-Aug 4	M-Th	11:20-11:50am
#34789	Jul 25-Aug 4	M-Th	12:00-12:30pm
#34790	Jul 25-Aug 4	M-Th	4:00-4:30pm
#34791	Jul 25-Aug 4	M-Th	4:40-5:10pm
#34792	Jul 25-Aug 4	M-Th	5:20-5:50pm
#34793	Jul 25-Aug 4	M-Th	6:00-6:30pm
#34794	Aug 8-18	M-Th	10:00-10:30am
#34795	Aug 8-18	M-Th	10:40-11:10am
#34796	Aug 8-18	M-Th	11:20-11:50am
#34797	Aug 8-18	M-Th	12:00-12:30pm
#34798	Aug 8-18	M-Th	4:00-4:30pm
#34799	Aug 8-18	M-Th	4:40-5:10pm
#34800	Aug 8-18	M-Th	5:20-5:50pm
#34801	Aug 8-18	M-Th	6:00-6:30pm

Pullen Aquatic Center

#35029	Jun 6-16	M-Th	10:00-10:30am
#35030	Jun 6-16	M-Th	10:40-11:10am
#35031	Jun 6-16	M-Th	11:20-11:50am
#35032	Jun 6-16	M-Th	5:45-6:15pm
#35033	Jun 6-16	M-Th	6:25-6:55pm
#35034	Jun 6-16	M-Th	7:05-7:35pm
#35035	Jun 20-30	M-Th	10:00-10:30am
#35036	Jun 20-30	M-Th	10:40-11:10am
#35037	Jun 20-30	M-Th	11:20-11:50am
#35038	Jun 20-30	M-Th	5:45-6:15pm
#35039	Jun 20-30	M-Th	6:25-6:55pm
#35040	Jun 20-30	M-Th	7:05-7:35pm
#35042	Jul 11-21	M-Th	10:00-10:30am
#35043	Jul 11-21	M-Th	10:40-11:10am



Wisdom is to the mind what health is to the body.

Francois De La Rochefoucauld

#35044	Jul 11-21	M-Th	11:20-11:50am
#35045	Jul 11-21	M-Th	5:45-6:15pm
#35046	Jul 11-21	M-Th	6:25-6:55pm
#35047	Jul 11-21	M-Th	7:05-7:35pm
#35048	Jul 25-Aug 4	M-Th	10:00-10:30am
#35049	Jul 25-Aug 4	M-Th	10:40-11:10am
#35050	Jul 25-Aug 4	M-Th	11:20-11:50am
#35051	Jul 25-Aug 4	M-F	5:45-6:15pm
#35052	Jul 25-Aug 4	M-F	6:25-6:55pm
#35053	Jul 25-Aug 4	M-F	7:05-7:35pm

Biltmore Pool

#35257	Jun 6-16	M-Th	5:30-6:00pm
#35258	Jun 20-30	M-Th	5:30-6:00pm
#35259	Jul 25-Aug 4	M-Th	5:30-6:00pm

Chavis Pool

#35275	Jun 6-16	M-Th	10:30-11:00am
#35276	Jun 6-16	M-Th	11:10-11:40am
#35277	Jun 6-16	M-Th	5:30-6:00pm
#35336	Jun 20-30	M-Th	10:30-11:00am
#35337	Jun 20-30	M-Th	11:10-11:40am
#35338	Jun 20-30	M-Th	5:30-6:00pm
#35339	Jul 11-21	M-Th	10:30-11:00am
#35340	Jul 11-21	M-Th	11:10-11:40am
#35341	Jul 11-21	M-Th	5:30-6:00pm
#35342	Jul 25-Aug 4	M-Th	10:30-11:00am
#35343	Jul 25-Aug 4	M-Th	11:10-11:40am
#35344	Jul 25-Aug 4	M-Th	5:30-6:00pm

Longview Pool

#35369	Jun 6-16	M-Th	5:20-5:50pm
#35370	Jun 6-16	M-Th	6:00-6:30pm
#35371	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35372	Jul 25-Aug 4	M-Th	6:00-6:30pm

Lake Johnson Pool

#35470	Jun 6-16	M-Th	10:00-10:30am
#35471	Jun 6-16	M-Th	10:40-11:10am
#35472	Jun 6-16	M-Th	11:20-11:50am
#35473	Jun 6-16	M-Th	12:00-12:30pm
#35474	Jun 6-16	M-Th	4:40-5:10pm
#35475	Jun 6-16	M-Th	5:20-5:50pm
#35476	Jun 6-16	M-Th	6:00-6:30pm
#35477	Jun 20-30	M-Th	10:00-10:30am
#35478	Jun 20-30	M-Th	10:40-11:10am
#35479	Jun 20-30	M-Th	11:20-11:50am
#35480	Jun 20-30	M-Th	12:00-12:30pm
#35481	Jun 20-30	M-Th	4:40-5:10pm
#35482	Jun 20-30	M-Th	5:20-5:50pm
#35483	Jun 20-30	M-Th	6:00-6:30pm
#35484	Jul 11-21	M-Th	10:00-10:30am
#35485	Jul 11-21	M-Th	10:40-11:10am
#35486	Jul 11-21	M-Th	11:20-11:50am
#35487	Jul 11-21	M-Th	12:00-12:30pm
#35488	Jul 11-22	M-F	4:40-5:10pm
#35489	Jul 11-22	M-F	5:20-5:50pm
#35490	Jul 11-22	M-F	6:00-6:30pm
#35491	Jul 25-Aug 4	M-Th	10:00-10:30am
#35492	Jul 25-Aug 4	M-Th	10:40-11:10am
#35493	Jul 25-Aug 4	M-Th	11:20-11:50am
#35494	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35495	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35496	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35497	Jul 25-Aug 4	M-Th	6:00-6:30pm

Millbrook Pool

#35679	Jun 6-16	M-Th	9:20-9:50am
#35680	Jun 6-16	M-Th	10:00-10:30am
#35681	Jun 6-16	M-Th	10:40-11:10am
#35683	Jun 6-16	M-Th	11:20-11:50am
#35685	Jun 6-16	M-Th	4:40-5:10pm
#35687	Jun 6-16	M-Th	6:00-6:30pm
#35693	Jun 20-30	M-Th	9:20-9:50am
#35694	Jun 20-30	M-Th	10:00-10:30am

#35695	Jun 20-30	M-Th	10:40-11:10am
#35703	Jun 20-30	M-Th	11:20-11:50am
#35704	Jun 20-Jul 1	M-F	4:40-5:10pm
#35705	Jun 20-Jul 1	M-F	6:00-6:30pm
#35706	Jul 11-21	M-Th	9:20-9:50am
#35707	Jul 11-21	M-Th	10:00-10:30am
#35708	Jul 11-21	M-Th	10:40-11:10am
#35709	Jul 11-21	M-Th	11:20-11:50am
#35710	Jul 11-21	M-Th	4:40-5:10pm
#35711	Jul 11-21	M-Th	6:00-6:30pm
#35712	Jul 25-Aug 4	M-Th	9:20-9:50am
#35713	Jul 25-Aug 4	M-Th	10:00-10:30am
#35714	Jul 25-Aug 4	M-Th	10:40-11:10am
#35715	Jul 25-Aug 4	M-Th	11:20-11:50am
#35716	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35717	Jul 25-Aug 4	M-Th	6:00-6:30pm

Ridge Road Pool

#35829	Jun 6-16	M-Th	10:40-11:10am
#35830	Jun 6-16	M-Th	11:20-11:50am
#35831	Jun 6-16	M-Th	12:00-12:30pm
#35832	Jun 6-16	M-Th	4:40-5:10pm
#35833	Jun 6-16	M-Th	5:20-5:50pm
#35834	Jun 6-16	M-Th	6:00-6:30pm
#35835	Jun 20-30	M-Th	10:40-11:10am
#35836	Jun 20-30	M-Th	11:20-11:50am
#35837	Jun 20-30	M-Th	12:00-12:30pm
#35838	Jun 20-30	M-Th	4:40-5:10pm
#35839	Jun 20-30	M-Th	5:20-5:50pm
#35840	Jun 20-30	M-Th	6:00-6:30pm
#35841	Jul 11-21	M-Th	10:40-11:10am
#35842	Jul 11-21	M-Th	11:20-11:50am
#35843	Jul 11-21	M-Th	12:00-12:30pm
#35844	Jul 11-21	M-F	4:40-5:10pm
#35845	Jul 11-21	M-F	5:20-5:50pm
#35846	Jul 11-21	M-F	6:00-6:30pm
#35847	Jul 25-Aug 4	M-Th	10:40-11:10am
#35848	Jul 25-Aug 4	M-Th	11:20-11:50am
#35849	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35850	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35851	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35852	Jul 25-Aug 4	M-Th	6:00-6:30pm

Swim Lesson – Level 3 Stroke Development

Age: 3yrs and up. Purpose: Builds on the skills in Level 2 through additional guided practice.

Level 3 participants learn to:

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object in chest deep water
- Bob with the head fully submerged
- Rotary breathing in horizontal position
- Perform front and back glide using two different kicks
- Float on front and back in deep water
- Change from horizontal to vertical position on front and back
- Tread water using hand and leg movements
- Perform front and back crawl
- Butterfly-kick and body motion
- Perform the HELP and Huddle position

Level 3 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confi-

dence in their strokes and improve other aquatic skills. Class Fee: \$40

Optimist Pool

#34803	Jun 6-16	M-Th	10:00-10:30am
#34804	Jun 6-16	M-Th	11:20-11:50am
#34805	Jun 6-16	M-Th	4:00-4:30pm
#34806	Jun 6-16	M-Th	5:20-5:50pm
#34807	Jun 20-30	M-Th	10:00-10:30am
#34808	Jun 20-30	M-Th	11:20-11:50am
#34809	Jun 20-30	M-Th	4:00-4:30pm
#34810	Jun 20-30	M-Th	5:20-5:50pm
#34811	Jul 11-21	M-Th	10:00-10:30am
#34812	Jul 11-21	M-Th	11:20-11:50am
#34813	Jul 11-21	M-Th	4:00-4:30pm
#34814	Jul 11-21	M-Th	5:20-5:50pm
#34815	Jul 25-Aug 4	M-Th	10:00-10:30am
#34816	Jul 25-Aug 4	M-Th	11:20-11:50am
#34817	Jul 25-Aug 4	M-Th	4:00-4:30pm
#34818	Jul 25-Aug 4	M-Th	5:20-5:50pm
#34819	Aug 8-18	M-Th	10:00-10:30am
#34820	Aug 8-18	M-Th	11:20-11:50am
#34821	Aug 8-18	M-Th	4:00-4:30pm
#34822	Aug 8-18	M-Th	5:20-5:50pm

Pullen Aquatics

#35054	Jun 6-16	M-Th	10:00-10:30am
#35055	Jun 6-16	M-Th	10:40-11:10am
#35056	Jun 6-16	M-Th	11:20-11:50am
#35057	Jun 6-16	M-Th	5:45-6:15pm
#35058	Jun 6-16	M-Th	6:25-6:55pm
#35059	Jun 6-16	M-Th	7:05-7:35pm
#35060	Jun 20-30	M-Th	10:00-10:30am
#35061	Jun 20-30	M-Th	10:40-11:10am
#35062	Jun 20-30	M-Th	11:20-11:50am
#35063	Jun 20-30	M-Th	5:45-6:15pm
#35064	Jun 20-30	M-Th	6:25-6:55pm
#35065	Jun 20-30	M-Th	7:05-7:35pm
#35066	Jul 11-21	M-Th	10:00-10:30am
#35067	Jul 11-21	M-Th	10:40-11:10am
#35068	Jul 11-21	M-Th	11:20-11:50am
#35069	Jul 11-21	M-Th	5:45-6:15pm
#35070	Jul 11-21	M-Th	6:25-6:55pm
#35071	Jul 11-21	M-Th	7:05-7:35pm
#35072	Jul 25-Aug 4	M-Th	10:00-10:30am
#35073	Jul 25-Aug 4	M-Th	10:40-11:10am
#35074	Jul 25-Aug 4	M-Th	11:20-11:50am
#35075	Jul 25-Aug 4	M-F	5:45-6:15pm
#35076	Jul 25-Aug 4	M-F	6:25-6:55pm
#35077	Jul 25-Aug 4	M-F	7:05-7:35pm

Biltmore Pool

#35245	Jun 6-16	M-Th	4:50-5:20pm
#35246	Jun 20-30	M-Th	4:50-5:20pm
#35247	Jul 25-Aug 4	M-Th	4:50-5:20pm

Chavis Pool

#35312	Jun 6-16	M-Th	11:10-11:40am
#35318	Jun 6-16	M-Th	4:50-5:20pm
#35345	Jun 20-30	M-Th	11:10-11:40am
#35346	Jun 20-30	M-Th	4:50-5:20pm
#35347	Jul 11-21	M-Th	11:10-11:40am
#35348	Jul 11-21	M-Th	4:50-5:20pm
#35349	Jul 25-Aug 4	M-Th	11:10-11:40am
#35350	Jul 25-Aug 4	M-Th	4:50-5:20pm

Longview Pool

#35375	Jun 6-16	M-Th	5:20-5:50pm
#35376	Jul 25-Aug 4	M-Th	5:20-5:50pm

Lake Johnson Pool

#35498	Jun 6-16	M-Th	9:20-9:50am
#35499	Jun 6-16	M-Th	10:40-11:10am
#35500	Jun 6-16	M-Th	5:20-5:50pm
#35501	Jun 6-16	M-Th	6:00-6:30pm

Level 3 Stroke Development continued next page —

Level 3 Stroke Development continued —

#35502	Jun 20-30	M-Th	9:20-9:50am
#35503	Jun 20-30	M-Th	10:40-11:10am
#35504	Jun 20-30	M-Th	5:20-5:50pm
#35505	Jun 20-30	M-Th	6:00-6:30pm
#35506	Jul 11-21	M-Th	9:20-9:50am
#35507	Jul 11-21	M-Th	10:40-11:10am
#35508	Jul 11-21	M-Th	5:20-5:50pm
#35509	Jul 11-21	M-Th	6:00-6:30pm
#35510	Jul 25-Aug 4	M-Th	9:20-9:50am
#35511	Jul 25-Aug 4	M-Th	10:40-11:10am
#35512	Jul 25-Aug 4	M-Th	5:20-5:50pm
#35513	Jul 25-Aug 4	M-Th	6:00-6:30pm

Millbrook Pool

#35725	Jun 6-16	M-Th	9:20-9:50am
#35726	Jun 6-16	M-Th	10:00-10:30am
#35727	Jun 6-16	M-Th	11:20-11:50am
#35728	Jun 6-16	M-Th	12:00-12:30pm
#35729	Jun 6-16	M-Th	4:40-5:10pm
#35730	Jun 6-16	M-Th	5:20-5:50pm
#35731	Jun 20-30	M-Th	9:20-9:50am
#35732	Jun 20-30	M-Th	10:00-10:30am
#35733	Jun 20-30	M-Th	11:20-11:50am
#35734	Jun 20-30	M-Th	12:00-12:30pm
#35735	Jun 20-Jul 1	M-F	4:40-5:10pm
#35736	Jun 20-Jul 1	M-F	5:20-5:50pm
#35737	Jul 11-21	M-Th	9:20-9:50am
#35738	Jul 11-21	M-Th	10:00-10:30am
#35739	Jul 11-21	M-Th	11:20-11:50am
#35740	Jul 11-21	M-Th	12:00-12:30pm
#35741	Jul 11-21	M-Th	4:40-5:10pm
#35742	Jul 11-21	M-Th	5:20-5:50pm
#35743	Jul 25-Aug 4	M-Th	9:20-9:50am
#35744	Jul 25-Aug 4	M-Th	10:00-10:30am
#35745	Jul 25-Aug 4	M-Th	11:20-11:50am
#35746	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35747	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35748	Jul 25-Aug 4	M-Th	5:20-5:50pm

Ridge Road Pool

#35853	Jun 6-16	M-Th	10:40-11:10am
#35854	Jun 6-16	M-Th	11:20-11:50am
#35855	Jun 6-16	M-Th	12:00-12:30pm
#35856	Jun 6-16	M-Th	4:40-5:10pm
#35857	Jun 6-16	M-Th	5:20-5:50pm
#35858	Jun 20-30	M-Th	10:40-11:10am
#35859	Jun 20-30	M-Th	11:20-11:50am
#35860	Jun 20-30	M-Th	12:00-12:30pm
#35861	Jun 20-30	M-Th	4:40-5:10pm
#35862	Jun 20-30	M-Th	5:20-5:50pm
#35863	Jul 11-21	M-Th	10:40-11:10am
#35864	Jul 11-21	M-Th	11:20-11:50am
#35865	Jul 11-21	M-Th	12:00-12:30pm
#35866	Jul 11-21	M-F	4:40-5:10pm
#35867	Jul 11-21	M-F	5:20-5:50pm
#35868	Jul 25-Aug 4	M-Th	10:40-11:10am
#35869	Jul 25-Aug 4	M-Th	11:20-11:50am
#35870	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35871	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35872	Jul 25-Aug 4	M-Th	5:20-5:50pm

**Swim Lesson –
Level 4 Stroke Improvement**

Age: All Ages. Purpose: Develops confidence in the skills learned and improves other aquatic skills.

Level 4 participants learn to:

- Perform a dive from a standing or stride position
- Swim underwater
- Perform feet-first surface dive
- Perform open turns on front and back
- Tread water using sculling arm motions and with different kicks
- Perform the following:

- Front and back crawl, Breaststroke, Butterfly, Elementary backstroke
- Swim on side using scissors-like kick
- Perform compact jump into water from a height while wearing a life jacket

Level 4 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills. Class Fee: \$45

Optimist Pool

#34823	Jun 6-16	M-Th	10:40-11:10am
#34824	Jun 6-16	M-Th	12:00-12:30pm
#34825	Jun 6-16	M-Th	4:40-5:10pm
#34826	Jun 6-16	M-Th	6:00-6:30pm
#34827	Jun 20-30	M-Th	10:40-11:10am
#34828	Jun 20-30	M-Th	12:00-12:30pm
#34829	Jun 20-30	M-Th	4:40-5:10pm
#34830	Jun 20-30	M-Th	6:00-6:30pm
#34831	Jul 11-21	M-Th	10:40-11:10am
#34832	Jul 11-21	M-Th	12:00-12:30pm
#34833	Jul 11-21	M-Th	4:40-5:10pm
#34834	Jul 11-21	M-Th	6:00-6:30pm
#34835	Jul 25-Aug 4	M-Th	10:40-11:10am
#34836	Jul 25-Aug 4	M-Th	12:00-12:30pm
#34837	Jul 25-Aug 4	M-Th	4:40-5:10pm
#34838	Jul 25-Aug 4	M-Th	6:00-6:30pm
#34839	Aug 8-18	M-Th	10:40-11:10am
#34840	Aug 8-18	M-Th	12:00-12:30pm
#34841	Aug 8-18	M-Th	4:40-5:10pm
#34842	Aug 8-18	M-Th	6:00-6:30pm

Pullen Aquatics

#35078	Jun 6-16	M-Th	11:20-11:50am
#35079	Jun 6-16	M-Th	6:25-6:55pm
#35080	Jun 6-16	M-Th	7:05-7:35pm
#35081	Jun 20-30	M-Th	11:20-11:50am
#35082	Jun 20-30	M-Th	6:25-6:55pm
#35083	Jun 20-30	M-Th	7:05-7:35pm
#35084	Jul 11-21	M-Th	11:20-11:50am
#35085	Jul 11-21	M-Th	6:25-6:55pm
#35086	Jul 11-21	M-Th	7:05-7:35pm
#35087	Jul 25-Aug 4	M-Th	11:20-11:50am
#35088	Jul 25-Aug 4	M-F	6:25-6:55pm
#35089	Jul 25-Aug 4	M-F	7:05-7:35pm

Biltmore Pool

#35249	Jun 6-16	M-Th	4:50-5:20pm
#35250	Jun 20-30	M-Th	4:50-5:20pm
#35251	Jul 25-Aug 4	M-Th	4:50-5:20pm

Chavis Pool

#35321	Jun 6-16	M-Th	4:50-5:20pm
#35351	Jun 20-30	M-Th	4:50-5:20pm
#35352	Jul 11-21	M-Th	4:50-5:20pm
#35353	Jul 25-Aug 4	M-Th	4:50-5:20pm

Lake Johnson Pool

#35698	Jun 6-16	M-Th	9:20-9:50am
#35699	Jun 6-16	M-Th	4:40-5:10pm
#35700	Jun 6-16	M-Th	6:00-6:30pm
#35520	Jul 11-21	M-Th	9:20-9:50am
#35521	Jul 11-22	M-F	4:40-5:10pm
#35522	Jul 11-22	M-F	6:00-6:30pm
#35523	Jul 25-Aug 4	M-Th	9:20-9:50am
#35524	Jul 25-Aug 4	M-Th	4:40-5:10pm
#35525	Jul 25-Aug 4	M-Th	6:00-6:30pm

Longview Pool

#35701	Jun 6-16	M-Th	4:40-5:10pm
#35702	Jul 25-Aug 4	M-Th	4:40-5:10pm

Millbrook Pool

#35749	Jun 6-16	M-Th	9:20-9:50am
#35750	Jun 6-16	M-Th	12:00-12:30pm
#35751	Jun 6-16	M-Th	5:20-5:50pm
#35752	Jun 20-30	M-Th	9:20-9:50am
#35753	Jun 20-30	M-Th	12:00-12:30pm
#35754	Jun 20-Jul 1	M-F	5:20-5:50pm
#35755	Jul 11-21	M-Th	9:20-9:50am
#35756	Jul 11-21	M-Th	12:00-12:30pm

#35757	Jul 11-21	M-Th	5:20-5:50pm
#35758	Jul 25-Aug 4	M-Th	9:20-9:50am
#35759	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35760	Jul 25-Aug 4	M-Th	5:20-5:50pm

Ridge Road Pool

#35873	Jun 6-16	M-Th	10:00-10:30am
#35874	Jun 6-16	M-Th	12:00-12:30pm
#35875	Jun 6-16	M-Th	6:00-6:30pm
#35876	Jun 20-30	M-Th	10:00-10:30am
#35877	Jun 20-30	M-Th	12:00-12:30pm
#35878	Jun 20-30	M-Th	6:00-6:30pm
#35879	Jul 11-21	M-Th	10:00-10:30am
#35880	Jul 11-21	M-Th	12:00-12:30pm
#35881	Jul 11-21	M-F	6:00-6:30pm
#35882	Jul 25-Aug 4	M-Th	10:00-10:30am
#35883	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35884	Jul 25-Aug 4	M-Th	6:00-6:30pm

**Swim Lesson –
Level 5 Stroke Refinement**

Age: All Ages. Purpose: Provides further coordination and refinement of strokes.

Level 5 participants learn to:

Perform the following:

- Standing dive
- Shallow dive, glide two body lengths and begin any front stroke
- Tuck and Pike surface dive
- Front flip turn and Backstroke flip turn
- Front and back crawl
- Butterfly
- Breaststroke
- Elementary backstroke
- Sidestroke
- Tread water with two different kicks
- Learn survival swimming

Class Fee: \$40

Optimist Pool

#34847	Jun 6-16	M-Th	12:00-12:30pm
#34848	Jun 6-16	M-Th	6:00-6:30pm
#34850	Jun 20-30	M-Th	12:00-12:30pm
#34851	Jun 20-30	M-Th	6:00-6:30pm
#34852	Jul 11-21	M-Th	12:00-12:30pm
#34853	Jul 11-21	M-Th	6:00-6:30pm
#34855	Jul 25-Aug 4	M-Th	12:00-12:30pm
#34856	Jul 25-Aug 4	M-Th	6:00-6:30pm
#34858	Aug 8-18	M-Th	12:00-12:30pm
#34859	Aug 8-18	M-Th	6:00-6:30pm

Pullen Aquatics

#35090	Jun 6-16	M-Th	11:20-11:50am
#35091	Jun 6-16	M-Th	7:05-7:35pm
#35092	Jun 20-30	M-Th	11:20-11:50am
#35093	Jun 20-30	M-Th	7:05-7:35pm
#35094	Jul 11-21	M-Th	11:20-11:50am
#35095	Jul 11-21	M-Th	7:05-7:35pm
#35096	Jul 25-Aug 4	M-Th	11:20-11:50am
#35097	Jul 25-Aug 4	M-F	7:05-7:35pm

Longview Pool

#35387	Jun 6-16	M-Th	4:40-5:10pm
#35388	Jul 25-Aug 4	M-Th	4:40-5:10pm

Lake Johnson Pool

#35526	Jun 6-16	M-Th	9:20-9:50am
#35527	Jun 6-16	M-Th	5:20-5:50pm
#35528	Jun 20-30	M-Th	9:20-9:50am
#35529	Jun 20-30	M-Th	5:20-5:50pm
#35530	Jul 11-21	M-Th	9:20-9:50am
#35531	Jul 11-22	M-F	5:20-5:50pm
#35532	Jul 25-Aug 4	M-Th	9:20-9:50am
#35533	Jul 25-Aug 4	M-Th	5:20-5:50pm

Millbrook Pool

#35761	Jun 6-16	M-Th	12:00-12:30pm
#35762	Jun 6-16	M-Th	4:40-5:10pm
#35763	Jun 20-30	M-Th	12:00-12:30pm
#35764	Jun 20-Jul 1	M-F	4:40-5:10pm

#35765	Jul 11-21	M-Th	12:00-12:30pm
#35766	Jul 11-21	M-Th	4:40-5:10pm
#35767	Jul 25-Aug 4	M-Th	12:00-12:30pm
#35768	Jul 25-Aug 4	M-Th	4:40-5:10pm

Ridge Road Pool

#35885	Jun 6-16	M-Th	10:00-10:30am
#35886	Jun 6-16	M-Th	6:00-6:30pm
#35887	Jun 20-30	M-Th	10:00-10:30am
#35888	Jun 20-30	M-Th	6:00-6:30pm
#35889	Jul 11-21	M-Th	10:00-10:30am
#35890	Jul 11-21	M-F	6:00-6:30pm
#35891	Jul 25-Aug 4	M-Th	10:00-10:30am
#35892	Jul 25-Aug 4	M-Th	6:00-6:30pm

Swim Stroke Development Clinic

Location: Optimist Pool

Age: 5-12yrs. The purpose of these clinics is to help our young swimmers become more efficient in their strokes and to help them improve their knowledge of swimming. Class Fee: \$15

Optimist Otter Water School

#36488	Jun 11	Sa	10:00am-12:00pm
#36489	Jun 25	Sa	10:00am-12:00pm
#36490	Jul 9	Sa	10:00am-12:00pm
#36491	Jul 23	Sa	10:00am-12:00pm

Swim Team – Intra-City Swim Association

Location: Optimist Pool

Age: 3-18yrs. Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Class Fee: \$45

Optimist Otters – all ages

#34860	Jun 13-Aug 5	M,W,F	5:30-6:30pm
#34861	Jun 13-Aug 5	M,W,F	6:30-7:30pm

Pullen Pirates – 10 yrs & under

#35115	Jun 13-Aug 5	M,W,F	6:00-7:00pm
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Pullen Pirates – 11 yrs & older

#35116	Jun 13-Aug 5	M,W,F	7:00-8:00pm
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Biltmore

#35270	Jun 13-Aug 5	M,W,F	5:00-6:00pm
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Chavis

#35323	Jun 13-Aug 5	M,W,F	5:00-6:00pm
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Longview

#35389	Jun 13-Aug 5	M,W,F	6:30-7:30pm
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Lake Johnson Green Rays – 11 yrs & older

#35534	Jun 13-Aug 5	M,W,F	10:00-11:00am
#35537	Jun 13-Aug 5	M,W,F	7:00-8:00pm

Lake Johnson Green Rays – 10 yrs & younger

#35535	Jun 13-Aug 5	M,W,F	11:00am-12:00pm
#35536	Jun 13-Aug 5	M,W,F	6:30-7:30pm

Millbrook Marlins – 11 yrs & older

#35769	Jun 13-Aug 5	M,W,F	8:00-9:00am
#35772	Jun 13-Aug 5	M,W,F	7:00-8:00pm

Millbrook Marlins – 10 yrs & under

#35770	Jun 13-Aug 5	M,W,F	9:00-10:00am
#35771	Jun 13-Aug 5	M,W,F	6:30-7:30pm

Ridge Road

#35893	Jun 13-Aug 5	M,W,F	9:00-10:00am
#35894	Jun 13-Aug 5	M,W,F	6:30-7:30pm

Adult**Adult Beginner Swim Class**

Age: 13yrs and up. The class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills. Class Fee: \$45

Optimist Pool

#34656	Jun 6-16	M-Th	6:00-6:30pm
#34657	Jun 20-30	M-Th	6:00-6:30pm

#34658	Jul 11-21	M-Th	6:00-6:30pm
#34659	Jul 25-Aug 4	M-Th	6:00-6:30pm
#34660	Aug 8-18	M-Th	6:00-6:30pm

Pullen Aquatics

#35098	Jun 6-16	M-Th	5:45-6:15pm
#35099	Jun 6-16	M-Th	7:05-7:35pm
#35100	Jun 20-30	M-Th	5:45-6:15pm
#35101	Jun 20-30	M-Th	7:05-7:35pm
#35102	Jul 11-21	M-Th	5:45-6:15pm
#35103	Jul 11-21	M-Th	7:05-7:35pm
#35104	Jul 25-Aug 4	M-F	5:45-6:15pm
#35105	Jul 25-Aug 4	M-F	7:05-7:35pm

Adult Intermediate Swim Class

Age: 13yrs and up. This class requires that students know how to swim but are in need of improvement. We will introduce and refine survival skills, freestyle, backstroke and breaststroke. Class Fee: \$45

Optimist Pool

#34661	Jun 6-16	M-Th	6:00-6:30pm
#34662	Jun 20-30	M-Th	6:00-6:30pm
#34663	Jul 11-21	M-Th	6:00-6:30pm
#34666	Jul 25-Aug 4	M-Th	6:00-6:30pm
#34667	Aug 8-18	M-Th	6:00-6:30pm

Pullen Aquatics Pool

#35106	Jun 6-16	M-Th	7:05-7:35pm
#35107	Jun 20-30	M-Th	7:05-7:35pm
#35108	Jul 11-21	M-Th	7:05-7:35pm
#35109	Jul 25-Aug 4	M-F	7:05-7:35pm

Lifeguard Readiness – Level 6

Location: Optimist Pool

Age: 10yrs and up. The purpose of this course is to prepare the student for taking Lifeguard Training. Students will practice freestyle and breaststroke and other lifeguarding skills. Class Fee: \$40

#34668	Jul 11-21	M-Th	12:00-12:30pm
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Lifeguard Training Amer Red Cross

Age: 15yrs and up. This American Red Cross program qualifies participants as non-surf lifeguards. Course includes CPR for the Professional Rescuer and First Aid. Class Fee: \$155

Optimist Pool

#34669	Jun 6-16	M-Th	5:00-9:00pm
#34670	Jun 20-30	M-Th	5:00-9:00pm
#34671	Jul 11-21	M-Th	5:00-9:00pm
#34672	Jul 25-Aug 4	M-Th	5:00-9:00pm
#34673	Aug 8-18	M-Th	5:00-9:00pm

Pullen Aquatics

#35110	May 2-12	M-Th	5:00-9:00pm
#35111	Jun 6-16	M-Th	5:00-9:00pm
#35112	Jun 20-30	M-Th	5:00-9:00pm
#35113	Jul 11-21	M-Th	5:00-9:00pm
#35114	Jul 25-Aug 4	M-F	5:00-9:00pm

Triathlon Swim Training

Location: Pullen Aquatic Center

Age: 18yrs and up. This class is set-up for active triathletes. The class will focus on improving Freestyle and training methods. Class Fee: \$45

#35117	Jun 7-23	T,Th	6:00-7:00pm
#35118	Jul 12-29	T-F	6:00-7:00pm
#35119	Aug 9-25	T,Th	6:00-7:00pm

Art**Preschool****Art – It's Our World**

Location: Sertoma Arts Center

Age: 4-5yrs. Explore the wonders of cultures from around the world through arts and crafts, games, and customs of our global neighbors. Autumn Cobeland instructs. Class Fee: \$79

#36810	Jun 13-17	M-F	9:30am-12:00pm
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Art for Cooks

Location: Laurel Hills Community Center

Age: 2-4 yrs. Come and create personalized kitchen products like rainbow placemats, cookie jars, utensil holders, and baker hats. Have fun making memorable keepsakes. Class Fee: \$24

#36432	May 6-27	F	9:30-10:15am
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Ballet – Preschool Introduction

Location: Lake Lynn Community Center

Age: 3-5yrs. Learn and review techniques, form, positioning, formation, body pose and grace in this creative dance form of ballet. Class Fee: \$40

#36031	May 4-25	W	10:30-11:15am
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Ballet Basics I

Location: Green Road Community Center

Age: 3yrs. Learning ballet is a wonderful introduction to the art of dance! This class, geared towards 3-year-olds, will allow students to explore the magic of movement while learning fundamental ballet principles of posture and body alignment. While learning basic ballet terminology they will gain a stronger sense of body awareness. Prior dance experience is not necessary. No class will be held July 2. Class Fee: \$70

#36636	Jun 4-Jul 30	Sa	10:00-10:40am
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#36637	Jun 4-Jul 30	Sa	11:00-11:40am
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Ballet Basics II

Location: Green Road Community Center

Age: 4-6yrs. Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases while also developing their own creativity and expression. No class will be held July 2. Class Fee: \$70

#36641	Jun 4-Jul 30	Sa	12:00-12:40pm
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Cartoon Capers

Location: Optimist Community Center

Age: 3-5yrs. Children must be at least 3 to attend class and fully participate in planned activities with a parent. Join us and your child's favorite cartoon friends as we step into their magical world. Each class will include a video, craft project, snack, group activity and some adventure! We will have a different cartoon theme each class and chil-

Cartoon Capers continued next page —

Cartoon Capers continued —

dren are encouraged to dress up or bring in stuffed animals. Class Fee: \$30

#36214	May 3-24	T	6:15-7:15pm
#36852	Jul 7-28	Th	6:15-7:15pm

Dance & Movement – Kinderdance

Location: Pullen Community Center
Age: 3-5yrs. Focus on the basics of ballet, tap (soft shoes only), creative movement and gymnastics all in one! Developmental skills are taught to help build the foundation for future success in the arts and sports. Educational concepts such as numbers, colors, letters, etc. are combined with these skills to teach the mind as well as the body. Participation in these classes help to promote self confidence and self esteem by teaching 'Yes I can.' Classes are offered on a monthly basis, but consecutive participation is recommended. Each month has a theme that will reinforce previous skills and introduce new ones. If a child participates for 5 or more consecutive months, they may participate in a year-end demonstration with their peers. Ballet shoes and leotards are recommended but not required. Please wear a T-shirt, sweatpants or leggings and socks. Class Fee: \$35

#36559	May 3-24	T	9:30-10:15am
#36560	Jun 7-28	T	9:30-10:15am
#36561	Jul 5-26	T	9:30-10:15am
#36562	Aug 2-23	T	9:30-10:15am

Dance – Tippy Toe Tappers

Location: Laurel Hills Community Center
Age: 3-5yrs. This class will introduce your child to the basics of tap and jazz dance while enhancing their coordination and self esteem. Class Fee: \$36

#36352	May 7-28	Sa	10:30-11:15am
#36353	Jun 11-Jul 2	Sa	10:30-11:15am
#36354	Jul 16-30	Sa	10:30-11:15am

Miniature Messes

Location: Optimist Community Center
Age: 3-5yrs. Let your toddler experiment with their creativity. Let their imagination flourish with this hands on activity. Paint, glitter, glue, etc. will be used to craft their own masterpiece of self-expression. Artwork is fit for frames or the refrigerator. Class Fee: \$30

#36855	Jun 2-23	Th	6:15-7:15pm
#36215	Jul 12-Aug 2	T	6:15-7:15pm

Music – Very Young Musicians

Location: Sertoma Arts Center
Age: 6-36mths. Lots of singing, holding hands, and playing together make up this fun class which is centered around parent and child. To ensure the one-on-one experience of the parent/child classes, the Arts Center requires that only those registered attend. To avoid distraction problems, older and younger siblings may not accompany the registered child to these classes. (Courses for March-April skip week of spring break, March 22 and 24.) Marcia Gandolph

and Angela Waldorf instruct. Class Fee: \$24

6-20 months

#34939	May 10-Jun 14	T	9:30-9:55am
#34937	May 12-Jun 16	Th	9:30-9:55am
#34929	Jul 12-Aug 16	T	9:30-9:55am
#34930	Jul 14-Aug 18	Th	9:30-9:55am

10-24 months

#34938	May 10-Jun 14	T	10:05-10:30am
#34934	May 12-Jun 16	Th	10:05-10:30am
#34928	Jul 12-Aug 16	T	10:05-10:30am
#34931	Jul 14-Aug 18	Th	10:05-10:30am

20-36 months

#34935	May 10-Jun 14	T	10:40-11:05am
#34936	May 12-Jun 16	Th	10:40-11:05am
#34932	Jul 12-Aug 16	T	10:40-11:05am
#34933	Jul 14-Aug 18	Th	10:40-11:05am

Music, Mom, and Me

Location: Laurel Hills Community Center
Age: 9-18mths. Parent and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development. Class Fee: \$28

#36462	May 3-24	T	9:45-10:15am
#36463	Aug 9-30	T	9:45-10:15am

Music – Raleigh Children's Orchestra

Location: Pullen Arts Center
Age: 6-13yrs. The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7, who have played for 6 months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an orchestra setting. Each semester begins anew with the learning of new pieces of music, culminating in a free public concert for friends and family. Rehearsal site: Lambs Christian Center, 4519 Laurel Hills Road. Students provide their own instruments. Director: Ilse Mann (8 weeks). Class Fee: \$65

#34973	Jun 6-Aug 1	M	6:00-7:30pm
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Preschool Painters

Location: Laurel Hills Community Center
Age: 2-4yrs. Parent and child participate in a fun filled class that exposes children to paintbrushes, sponge painting, and finger painting. Unlimited paint and paper will be provided. Class Fee: \$24

#36450	May 5-26	Th	10:00-10:30am
#36452	Aug 11-Sep 1	Th	10:00-10:30am

Sports Art

Location: Laurel Hills Community Center
Age: 2-4yrs. Come create sports art projects which you can really use and keep! Make pendants, personalized sports bottles and your very own baseball mitt. Class Fee: \$24

#36429	Aug 12-Sep 2	F	9:30-10:15am
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Spring Into Art

Location: Laurel Hills Community Center
Age: 2-4yrs. Decorate and personalize spring projects which include baskets, gift bags, drinking cups, placemats and more. Have fun exploring your imagination as you create these keepsakes. Class Fee: \$24

#36476	May 2-23	M	9:30-10:15am
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Youth

Art – Color Workshop

Location: Sertoma Arts Center
Age: 10-15yrs. Begin with pencil and choose a color medium. Pastel, ink and tempera paint are some of the options. Create your own works with guidance in a stimulating environment. Anna Sanderson instructs. Class Fee: \$68

#34869	Jul 26,28,29	T,Th,F	1:00-4:00pm
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Art – Drawing Workshop One

Location: Sertoma Arts Center
Age: 7-9yrs. Children will learn to 'see' to draw. Have fun creating your own beautiful drawings with graphite, charcoal and colored pencil in a supportive atmosphere. Anna Sanderson instructs. Class Fee: \$68

#34865	Jun 20,22,23	M,T,Th	1:00-4:00pm
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Art – Drawing Workshop Two

Location: Sertoma Arts Center
Age: 10-15yrs. See how you can improve your drawing skills in three days of friendly instruction. Students will be introduced to various techniques according to skill level. Drawing is fun and rewarding. Anna Sanderson instructs. Class Fee: \$68

#34866	Jun 27,28,30	M,T,Th	9:00am-12:00pm
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Art – Under the Sea

Location: Sertoma Arts Center
Age: 7-9yrs. Take a dive into the deep blue and participate in art projects related to the marvels of marine life. Micki Weeda instructs. Class Fee: \$79

#36811	Aug 15-19	M-F	1:30-4:00pm
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Art – Watercolor Workshop One

Location: Sertoma Arts Center
Age: 7-9yrs. Class will begin with instruction in drawing, and go on to explore the fun world of watercolor. Basic techniques are demonstrated in a relaxed and encouraging atmosphere. Anna Sanderson instructs. Class Fee: \$68

#34868	Jul 19-21	T-Th	9:00am-12:00pm
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Art – Watercolor Workshop Two

Location: Sertoma Arts Center
Age: 10-15yrs. Students will receive guidance in drawing and be introduced to watercolor techniques. See what lovely work you can create. The choice of subjects is yours. Anna Sanderson instructs. Class Fee: \$68

#34867	Jul 12-14	T-Th	1:00-4:00pm
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Ballet Basics

Location: Millbrook Exchange Community Ctr
Age: 6-10yrs. Come and learn the dance of beauty and grace! Learn and explore the basics of ballet while learning form, positions, techniques, formation and locomotion, non locomotion movements with self expression, discovery and fun. Perform the ballerina's dance walk, turns, lifts, opens, passe, leaps, and move to the princess songs with classical music. Class instructed by Khadija El-McPherson, choreographer and certified

teacher. Class Fee: \$36

#35133	May 3-24	T	6:30-7:15pm
#35134	May 31-Jun 21	T	6:30-7:15pm
#35135	Jun 28-Jul 19	T	6:30-7:15pm
#35136	Aug 2-23	T	6:30-7:15pm

Basket – Making for Kids

Location: Sertoma Arts Center

Age: 9-15yrs. Learn the art of basket-weaving in this new workshop. Students will learn the basics of weaving and come home with a market basket and ornament. Materials fee of approximately \$25 to be paid to instructor on first day of class. Brenda Elshof instructs. Class Fee: \$59

#36760	Aug 8-12	M-F	9:30am-12:00pm
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Builder Bob's Birdhouse

Location: Laurel Hills Community Center

A little birdie said, 'Build a beautiful birdhouse for me!' Come and join the fun creating and constructing your very own birdhouse using a variety of media such as wood and paint. Finished project is perfect for your yard or as a home design. Class Fee: \$10

Age 3-5yrs

#36357	Aug 18	Th	4:15-5:00pm
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Age 6-11yrs

#36358	Aug 18	Th	5:15-6:00pm
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Ceramics for Youth

Location: Walnut Terrace Community Center

Age: 6-15yrs. Learn to pour, clean and paint age appropriate ceramic pieces. Nominal prices for items poured and the use of paint. An excellent arts and crafts idea for home schoolers. Class Fee: \$0

#36410	May 2-Aug 18	M-Th	12:00-5:00pm
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Clay – Handbuilding for Children

Location: Sertoma Arts Center

Age: 5-8yrs. Children work with real clay using varied methods of constructing pottery from pinch, coil and slabs to form their own unique creations. Pieces will be glazed during the last class. Students pick up finished work after course is completed. Mira Woodwell instructs. Class Fee: \$48

#35382	Jun 1-22	W	2:30-3:45pm
#35383	Jun 2-23	Th	4:15-5:30pm
#35897	Jul 6-27	W	2:30-3:45pm
#35898	Jul 7-28	Th	4:15-5:30pm
#35899	Aug 11-Sep 1	Th	4:15-5:30pm

Clay – Handbuilding for Youth & Teens

Location: Sertoma Arts Center

Age: 9-15yrs. Children work with real clay using varied methods of constructing pottery from pinch, coil and slabs to form their own unique creations. Pieces will be glazed during the last class. Students pick up finished work after course is completed. Mira Woodwell instructs. Class Fee: \$48

#35390	Jun 1-22	W	4:15-5:30pm
#35391	Jun 2-23	Th	2:30-3:45pm
#35900	Jul 6-27	W	4:15-5:30pm
#35901	Jul 7-28	Th	2:30-3:45pm
#35902	Aug 10-31	W	4:15-5:30pm

Dance – Ballet Fun

Location: Green Road Community Center

Age: 6-10yrs. This class introduces students to classical ballet steps and skills. Dancers will learn to use formal ballet positions and vocabulary. Though taught in the traditional ballet class structure, this class will empha-

size the fun and joy of movement. Class

Fee: \$70

#36645	Jun 4-Jul 30	Sa	1:15-2:00pm
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Dance – Creative Dance & Ballet

Location: Green Road Community Center

Age: 5-8yrs. Explore your creativity through movement! Traditional ballet steps will be taught alongside creative movement and self-expression. Class Fee: \$36

#36629	May 6-27	F	3:30-4:15pm
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Dance – Hip Hop Jam

Location: Laurel Hills Community Center

Age: 6-9yrs. Learn the basics of jazz with a hip hop flare. Have fun with the latest street dancing while developing body awareness, self image, and confidence. Traditional and innovative steps introduced along with rhythmic movement. Class Fee: \$36

#36417	May 6-27	F	6:30-7:15pm
#36418	Jun 3-24	F	6:30-7:15pm
#36419	Jul 8-29	F	6:30-7:15pm
#36420	Aug 5-26	F	6:30-7:15pm

Drama – Fairytale Players

Location: Sertoma Arts Center

Age: 5-8yrs. After listening to a fairytale, the children will act it out using their own creativity and imagination. Parents invited in for last class. Breezy instructs. Class Fee: \$40

#35393	Jul 12-28	T,Th	5:00-6:00pm
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Drama – Improv Theater

Location: Sertoma Arts Center

Age: 9-15yrs. Students will learn to be creative and fast-thinking by acting out situations provided. Parents invited in for last class. Breezy instructs. Class Fee: \$40

#35395	Jul 12-28	T,Th	6:15-7:15pm
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Flower Power

Location: Laurel Hills Community Center

Decorate a fancy flower pot using a variety of media to create a beautiful home design project. Kids experience a little gardening as we plan to plant a seasonal flower. Take it home and watch it grow! Class Fee: \$10

Age 3-5yrs

#36392	May 17	T	9:30-10:15am
#36393	May 17	T	4:15-5:00pm

Age 6-8yrs

#36394	May 18	W	4:15-5:00pm
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Introduction to Hand Sewing

Location: Chavis Community Center

Age: 8-14yrs. Learn beginning sewing techniques while hand stitching a decorative pillow for home. Class Fee: \$2

#36644	Jun 9	Th	6:00-7:30pm
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Music – Piano-Play It Again Peanut

Location: Walnut Terrace Community Center

Age: 6yrs and up. Piano lessons for the beginner to the advanced. Learn to play by ear, reading notes or by chords. Two recitals per year. Cost is monthly for weekly half hour sessions. Class Fee: \$25

#36438	May 7-28	Sa	9:00am-3:00pm
#36439	Jun 4-25	Sa	9:00am-3:00pm
#36440	Jul 2-23	Sa	9:00am-3:00pm
#36441	Aug 6-Sep 3	Sa	9:00am-3:00pm

Art continued next page —



Art continued —

Music – Raleigh Children's Orchestra

Location: Pullen Arts Center

Age: 6-13yrs. The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7, who have played for 6 months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an orchestra setting. Each semester begins anew with the learning of new pieces of music, culminating in a free public concert for friends and family. Rehearsal site: Lambs Christian Center, 4519 Laurel Hills Road. Students provide their own instruments. Director: Ilse Mann (8 weeks). Class Fee: \$65
#34973 Jun 6-Aug 1 M 6:00-7:30pm

Piano for Beginners

Location: Millbrook Exchange Community Ctr
Age: 5yrs and up. If you've ever wanted to learn to play the piano as an adult, or want your child to start taking lessons, here's your chance! Students will be taught the musical alphabet, how to read basic piano music, and to play simple pieces. One-on-one instruction in both technique and theory. Registration begins April 19 for new students. Class Fee: \$35

#35137	May 4-25	W	5:30-6:00pm
#35138	May 4-25	W	6:00-6:30pm
#35139	May 4-25	W	6:30-7:00pm
#35140	May 4-25	W	7:00-7:30pm
#35141	May 4-25	W	7:30-8:00pm
#35142	May 4-25	W	8:00-8:30pm
#35143	May 4-25	W	8:30-9:00pm
#35144	Jun 1-22	W	5:30-6:00pm
#35145	Jun 1-22	W	6:00-6:30pm
#35146	Jun 1-22	W	6:30-7:00pm
#35147	Jun 1-22	W	7:00-7:30pm
#35148	Jun 1-22	W	7:30-8:00pm
#35149	Jun 1-22	W	8:00-8:30pm
#35150	Jun 1-22	W	8:30-9:00pm
#35151	Jun 29-Jul 27	W	5:30-6:00pm
#35152	Jun 29-Jul 27	W	6:00-6:30pm
#35153	Jun 29-Jul 27	W	6:30-7:00pm
#35154	Jun 29-Jul 27	W	7:00-7:30pm
#35155	Jun 29-Jul 27	W	7:30-8:00pm
#35156	Jun 29-Jul 27	W	8:00-8:30pm
#35157	Jun 29-Jul 20	W	8:30-9:00pm
#35158	Aug 3-24	W	5:30-6:00pm
#35163	Aug 3-24	W	6:00-6:30pm
#35159	Aug 3-24	W	6:30-7:00pm
#35160	Aug 3-24	W	7:00-7:30pm
#35164	Aug 3-24	W	7:30-8:00pm
#35161	Aug 3-24	W	8:00-8:30pm
#35162	Aug 3-24	W	8:30-9:00pm

Surfs Up!

Location: Laurel Hills Community Center
Come join us for a day at the beach! A candle making class with a beach theme! Create a wax candle using a sand mold with a decorative seashell. Learn basic candle making skills with a unique nautical twist. Class Fee: \$8

Age 6-8yrs

#36360 May 12 Th 4:15-5:00pm

Age 3-5yrs

#36361 May 13 F 9:30-10:15am

#36372 May 13 F 4:15-5:00pm

Tap Jazz and Ribbon Dance

Location: Millbrook Exchange Community Ctr
Age: 7-12yrs. Explore a variety of dance forms through movements, routines, and composition. Dance with colorful ribbon/steamers, props and creative manipulative for fun! Capture the wonderful feeling of self discovery while learning the basics of Tap, heel-toe and shuffle combinations. Experience the sensation of Jazz while learning the take 5' technique with creative step variations. This is a great session for promoting social skills, motivation and fitness. Choreographer Khadija El-McPherson.

Class Fee: \$36

#36520 May 3-24 T 7:15-8:00pm

#36524 Jun 7-28 T 7:15-8:00pm

#36525 Jul 12-Aug 2 T 7:15-8:00pm

#36527 Aug 9-30 T 7:15-8:00pm

Teens

Ceramics for Teens

Location: Roberts Park Community Center
Age: 12-17yrs. Teens are taught to pour, clean, glaze and paint their masterpieces. Fee varies according to size of item. Class Fee: \$4

#36672 Jun 1-29 W 6:30-8:30pm

#36673 Jul 6-27 W 6:30-8:30pm

#36674 Aug 3-31 W 6:30-8:30pm

Photography and Darkroom for Youth

Location: Sertoma Arts Center

Age: 11-16yrs. Students will learn how to print their own their own black and white photos in the darkroom as well as how to process film. All aspects of the camera and what makes a good photograph will be covered. Some non-traditional forms of photography such as sunprints, photograms, making our own negatives, toning, hand-coloring, and framemaking will also be taught. Class Fee: \$60. Bring \$10 supply fee to first class.

#35236 Jun 14-Jul 26 T 4:30-6:00pm

Adult

Ballroom Dance: Strictly Latin

Location: Sertoma Arts Center

Age: 16yrs and up. Students will concentrate on Latin Dances such as the Cha Cha, Rumba, Tango, Samba, Merengue and the Mambo. One half hour of supervised free style dancing precedes class instruction from 7:30-8:00pm. Registration by couple only. Fee is per person. Liz Sorrell and Bob Klatt instruct. Class Fee: \$44

#34925 Jun 7-Jul 19 T 7:30-9:00pm

Baskets – A Tote For All Seasons

Location: Sertoma Arts Center

Age: 16yrs and up. A cute but sturdy little tote. Use it as a purse or that extra 'bag' you need when toting around shopping bags. Base is an over under closed weave. Sides are start and stop. Handle is shaker tape. Choice of colors will be available. Finished size is 12 inches around and 8 inches high.

All levels. Kit at \$20 from instructor. Brenda Elshof instructs. Class Fee: \$25

#35896 Aug 13 Sa 9:30am-2:30pm

Baskets – Corner Basket

Location: Sertoma Arts Center

Age: 16yrs and up. Learn to weave a basket that is stunning yet useful. Students will learn to lay out a flat reed base and 'twine' the base in half and using the other half for one of the sides. The sides are continuous weave. Some weaving experience would be helpful but it was my first basket so anyone who wants to learn to weave can do this one! Finished size is 12 inches by 8 inches by 8 inches. All levels. Kit \$20 from instructor. Brenda Elshof instructs. Class Fee: \$25
#35461 May 6-13 F 10:00am-12:30pm
#35469 May 14 Sa 9:30am-2:30pm

Baskets – From Remote to Cargo Hold

Location: Sertoma Arts Center

Age: 16yrs and up. You can weave this basket small enough to hold CD's or TV remotes. Weave it a little larger for Wine Bottles or large enough to hold supplies in your car or van. Base is a simple open over/under weave. Sides are start and stop. Learn a new way to weave in two wooden handles. The basket taught in class will be large enough to hold books or other important papers. Directions will be shown on how to enlarge or make smaller. Finished size is 10 inches by 20 inches by 10 inches. All levels. Kit is \$20 from instructor. Brenda Elshof instructs. Class Fee: \$25
#35434 Jun 11 Sa 9:30am-2:30pm

Baskets – On the Count of Three Twill

Location: Sertoma Arts Center

Age: 16yrs and up. Learn to weave a continuous twill in a delightful three step twill. Woven over a bowl on a wooden base. It is a functional but beautiful basket. Finished size is 12 inches around by 6 inches high. All levels. Kit \$20 from instructor. Brenda Elshof instructs. Class Fee: \$25
#35424 Jul 16 Sa 9:30am-2:30pm

Baskets – Watermelon Basket

Location: Sertoma Arts Center

Age: 16yrs and up. Weave a melon basket that resembles a big slice of watermelon! Join two 10 inch round wood hoops with red god's eyes. Continue weaving this rib basket with red reed, then natural reed, and finally dark green reed in the center. Paint on some seeds to finish. All levels. Kit \$25 from instructor. Barbara McGeachy instructs. Class Fee: \$35

#35423 Jul 21-28 Th 6:00-9:30pm

Ceramics – Greenware to Dreamware

Location: Walnut Terrace Community Center

Age: 16yrs and up. An on going Ceramic Studio for all—the beginner to the experienced. Learn to pour, clean and paint ceramics pieces customized by you! Pay for what you pour. Supplies and paint are extra but can be purchased from the studio. Fees

Recreation offers the discovery of self expression and much needed family cohesion.

Nancy M. Morrow

are annual July 1-30. Class Fee: \$6
#36379 May 2-Aug 25 M-Th 12:00-5:00pm

Ceramics Just For You

Location: Roberts Park Community Center
Age: 18yrs and up. Ages 18 and over. An art program that teaches pouring, cleaning, glazing and painting of masterpieces. Prices vary depending on size of item you choose to make. Brushes, knives and paints are extra. Joining fee of \$6 is good for one year. Class Fee: \$6

#36162	May 2-23	M	10:00am-2:00pm
#36163	Jun 12-Jul 3	M	10:00am-2:00pm
#36164	Jul 11-25	M	10:00am-2:00pm
#36165	Aug 1-29	M	10:00am-2:00pm

Drama – Acting – Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. An introduction to the theatre through theatrical relaxation, games, and acting out given situations and monologues. Breezy instructs. Class Fee: \$55
#35404 Aug 3-31 W 7:30-9:00pm

Drawing – Basic Techniques

Location: Sertoma Arts Center
Age: 16yrs and up. This class is for the beginning drawing student or anyone who needs to be refreshed on the basics of drawing. Learn contour line, proportion, perspective, form and value. Establishes good foundation for all painting classes. Autumn Cobeland instructs #34877 and Cindy Mounce instructs #34878. Class Fee: \$79
#34877 Jun 2-Jul 7 Th 7:00-9:30pm
#34878 Jun 1-Jul 6 W 9:30am-12:00pm

Drawing – Beginning

Location: Pullen Arts Center
Age: 16yrs and up. Learn to draw what you see through the study of contour, composi-

tion, perspective, and value. This course provides a good foundation for all painting classes. Some materials provided. Optional Supply List provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68
#35288 Jun 13-Jul 25 M 7:00-9:00pm

Drawing – Cartooning for Adults

Location: Sertoma Arts Center
Age: 16yrs and up. This class is perfect for the complete novice or the seasoned amateur intent on developing their own ideas. We will use a variety of mixed media—including ink and watercolor—to create cartoons. Beginning with the black and white, single panel gag cartoon (like those of New Yorker magazine fame), students will study the cartoon form of their choice—from comic strips, editorial cartoons, story book illustration and action comics—for their own projects and purposes. We will learn good, basic drawing mechanics, the use of various media, how to come up with ideas and how to deliver them. Materials will be supplied by the instructor for a small fee collected at first class. Richard Cloudt instructs. Class Fee: \$60
#34870 Jul 25-Aug 29 M 7:00-9:00pm

Drawing – Draw the Human Form

Location: Sertoma Arts Center
Age: 16yrs and up. Students will learn to draw people by breaking down the complexities of the human figure into simpler planes and masses. They will study proportion and form through techniques using graphite, charcoal and conte' crayon. Pre-requisite: any beginning drawing class. A live model will be provided at no additional charge. Leslie Pruneau instructs. Class Fee: \$89
#35297 Jun 1-Jul 6 W 7:00-9:30pm

Drawing the Human Form

Location: Pullen Arts Center
Age: 16yrs and up. Learn to draw people by breaking down the complexities of the human figure into simpler planes and masses. We will study proportion and form through techniques using graphite, charcoal and conte' crayon. Pre-requisite: Any beginning drawing class. Live model provided. Instructor: Leslie Pruneau. (6 sessions). Class Fee: \$84
#35294 Jun 2-Jul 7 Th 7:00-9:00pm

Sertoma Arts Center – Gallery Exhibits

Location: Sertoma Arts Center
Age: 1yrs and up. Sertoma Arts Center's Gallery program features monthly exhibits by local artists. Call for viewing times for the Raleigh Room. Other exhibits are available for viewing during normal operating hours. Most artwork is for sale, inquire at front desk. Please contact the center if you are interested in having an exhibition here.

May

Raleigh Room – Exhibition by the Colored Pencil Society Association. Reception from 2-4pm on Sunday, May 8, 2005

Hall Gallery – Acrylic Paintings by Karen Hoffman. Reception from 2-4pm on Sunday, May 8, 2005.

Display Case – Colored porcelain clay pieces by Chris Campbell.

June

Raleigh Room – Paintings and Drawings by Garland Melvin. Reception from 2-4pm on June 5, 2005.

Hall Gallery – Paintings by Nancy Clausen

Display Case – Clay exhibition by Catherine Thornton

July

Raleigh Room and Display Case – Art work by Triangle Artists Guild. Reception from 2-4pm Sunday July 10, 2005.

Hall Gallery – "Comfort" Paintings by Laura Azzi, Jerry Narron and Abbie Penwell.

August

Raleigh Room – Art purses by Sue Williamson.

Hall Gallery – Photography by Sol Levine.

Display Case – Pottery by Tara McGee

Glass – Beadmaking Introduction

Location: Pullen Arts Center
Age: 16yrs and up. Receive hands-on experience in creating miniature works of art! This introduction to basic glass beadmaking includes: glass safety; compatibility of glasses and different glasses available for use; annealing glass; using the 'Hot Head' torch with Mapp gas for lampworking glass beads; building the basic bead; equipment and tools; techniques for decorating beads by making and incorporating stringers and twisters and by applying surface textures. Supply fee of approx. \$12 payable at first class. Supply List provided. Instructor: Marjorie Putnam (1 session). Class Fee: \$110
#34970 Jul 23 Sa 10:00am-4:00pm



Art continued next page —

Art continued —

Glass – Beginning Stained Glass

Location: Pullen Arts Center

Age: 16yrs and up. Light and glass make a beautiful pair! Our course will include designing for stained glass, glass cutting, copper foil techniques and soldering a flat stained glass panel. We will begin with a light catcher for practice and then make a simple medium-sized panel. (Some outside class work will be necessary). Structural bracing and utilizing stained glass panels in windows and doors, as interior and exterior panels, will be discussed. We will also discuss safety, types of glass and tool options. Students purchase glass at class, beginning at approx. \$25 depending on size and complexity of project. Instructor: Marjorie Putnam (2 sessions). Class Fee: \$110
#34972 Aug 6 & 20 Sa 10:00am-4:00pm

Glass – Fuse and Slumping Open Studio

Location: Pullen Arts Center

Age: 16yrs and up. This open studio course gives participants an opportunity to work on individual projects with assistance from an experienced instructor (if desired). Each session will culminate in a firing of the large glass kiln. Course will include 4 fusing firings and 2 slumping firings. Students purchase glass from Pullen Arts Supply Store for projects. Pre-requisite: Glass Slumping: Medium at Pullen Arts Center. Instructor: Marjorie Putman (6 weeks). Class Fee: \$70
#35980 Jun 13-Jul 25 M 6:00-10:00pm

Glass – Fused Glass Intro: Large

Location: Pullen Arts Center

Age: 16yrs and up. This class will utilize Bullseye glass, stringers, powders, and frit to make large (8-10 inch) fused glass pieces. Included will be instruction in glass compatibility, annealing, and sculpting. Supply fee of approx. \$30 plus (depending on size and number of projects) payable at first class. Pre-requisite: Fused Glass Intro: Medium at Pullen Arts Center. Instructor: Marjorie Putnam (2 sessions). Class Fee: \$90
#35977 Aug 22-24 M, W 6:00-8:30pm

Glass – Fused Glass Intro: Medium

Location: Pullen Arts Center

Age: 16yrs and up. This class will utilize Bullseye glass, stringers, powders, and frit to make medium (4-6 inch) fused glass pieces. Included will be instruction in glass compatibility, annealing, and sculpting. Supply fee of approx. \$22 plus (depending on size and number of projects) payable at first class. Pre-requisite: Fused Glass Intro: Small at Pullen Arts Center. Instructor: Marjorie Putnam (1 session). Class Fee: \$90
#35976 Jun 1-2 W-Th 6:00-8:30pm

Glass – Slumping: Large

Location: Pullen Arts Center

Age: 16yrs and up. This class will continue the exploration of the technique of slumping glass (the controlled bending or downward sinking of glass while being heated) using

previously fused or plain glass over molds and rings. Projects will be 8-10 inches in diameter. Supply fee of approx. \$30+ payable at first class. Pre-requisite: Fused Glass Intro: Large at Pullen Arts Center. Instructor: Marjorie Putnam (1 session). Class Fee: \$60
#35979 Aug 31 W 6:00-8:30pm

Glass – Slumping: Medium Objects

Location: Pullen Arts Center

Age: 16yrs and up. This class will introduce the technique of slumping glass (the controlled bending or downward sinking of glass while being heated) using previously fused or plain glass over molds and rings. Projects will be 4-6 inches in diameter. Supply fee of approx. \$30 payable at first class. Pre-requisite: Fused Glass Intro: Medium at Pullen Arts Center. Instructor: Marjorie Putnam (1 session). Class Fee: \$60
#35978 Jul 13 W 6:00-8:30pm

Guitar Beginner

Location: Laurel Hills Community Center

Age: 16yrs and up. Always wanted to play the guitar? Join this fun beginners group and learn to play. Class covers basic cords and scales. In addition, learn the history and parts of the guitar. Folk, blues, and classical music will be introduced. Please bring guitar to class. Class Fee: \$48
#36477 Jun 9-30 Th 6:30-7:30pm

Hand-laid Paper & Book Arts

Location: Pullen Arts Center

Age: 16yrs and up. Paper has been made for two thousand years! We will learn about early ways of making paper and about the fibers that have been used across the world. Since the days of Gutenberg, paper has been a medium for the printed word and art work. We will learn the history of hand-laid paper and techniques of Eastern and Western papermaking traditions, then see how to combine these ideas into an efficient small-scale process for producing high-quality recycled hand-laid paper. We will learn how to make pulp and form sheets, and some artistic applications of the papermaking process. Then we will use our finished sheets in a unique book arts project! Supply fee of approx. \$5 payable at first class. Instructor: John Dancy-Jones (1 session). Class Fee: \$49
#35121 May 14 Sa 10:00am-4:00pm
#35122 Aug 13 Sa 10:00am-4:00pm

Jewelry – Advanced Bead Stringing

Location: Pullen Arts Center

Age: 13yrs and up. Join Instructor Sally Lewis for advanced bead stringing techniques, such as multi-strands and knotting. Materials not included. (1 session). Class Fee: \$20
#34947 Jun 29 W 7:15-9:45pm
#34948 Aug 31 W 7:15-9:45pm

Jewelry – Bead Stringing Workshop

Location: Pullen Arts Center

Age: 13yrs and up. Instructor Sally Lewis

will teach you the history and lore of beads in this workshop. You will learn three bead stringing techniques as you make a necklace from your own bead collection or purchase your own beads at class. (1 session) Class Fee: \$20
#34945 May 25 W 7:15-9:15pm
#34946 Jul 27 W 7:15-9:15pm

Jewelry – Beginning Metal

Location: Pullen Arts Center

Age: 16yrs and up. Design and construct earrings, pins, pendants, charms, or other small objects and tokens in this basic metal working class. Students will learn to saw, file, hammer, and solder wire and sheet metals to create individual projects. Studio supply fee of \$10 included in class fee. Students purchase silver for projects (orders taken first class, approx. \$15). Instructor: Betty McKim, Amy Veatch or Jennifer Cash (6 weeks). Class Fee: \$90
#35281 May 16-Jun 27 M 7:00-9:30pm

Jewelry – Enameling Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Enameling is a centuries old custom which involves fusing glass onto metal. There are many methods of technique and application that provide widely varying results. In this course, students will explore three basic enameling techniques, and will utilize both the kiln and the torch as a means to fuse the glass. Experimentation will be encouraged as the possibilities are endless. Prerequisite: Beginning Jewelry at Pullen Art Center. Studio supply fee of \$10 included in class fee. Silver supplies can be ordered first class, approx \$10-20. Instructor: Staci Sawyer (6 weeks). Class Fee: \$90
#35964 Jul 19-Aug 23 T 7:00-9:30pm

Jewelry – Metal Continuing

Location: Pullen Arts Center

Age: 16yrs and up. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone setting, and hollow form construction. Studio supply fee of \$10 included in class fee. Silver supplies ordered first class (approx. \$10-20). Prerequisite: Beginning Metal Jewelry at Pullen Arts. Instructor: Betty McKim (6 weeks). Class Fee: \$90
#35285 Jul 11-Aug 15 M 7:00-9:30pm

Jewelry – Metals Open Studio

Location: Pullen Arts Center

Age: 16yrs and up. Do you have ideas or techniques you'd like to explore? Or maybe an unfinished project you'd like to complete? This is designed for participants who want to work more independently, but prefer a group environment with instructor assistance. Pre-requisite: Beginning Metal at Pullen Arts Center. Studio supply fee of \$10 included in class fee. Instructor: Staci Sawyer (6 weeks). Class Fee: \$90
#35287 May 25-Jun 29 W 7:00-9:30pm

Jewelry – Peyota

Location: Pullen Arts Center

Age: 13yrs and up. Peyota is a stitch, a technique of needle weaving used to create jewelry, decorative objects, or to embellish the everyday. Students will receive an introduction to this technique and make their own pieces. Instructor: Sally Lewis (1 session).

Class Fee: \$20

#34949 Aug 3 W 7:15-9:15pm

Jewelry – Precious Metal Clay – A

Location: Pullen Arts Center

Age: 16yrs and up. The focus of this class will be Pendants & Earrings. PMC silver is microscopic particles of silver suspended in an organic binder to create clay. After formation of a piece, it is fired in a kiln to burn away the binder leaving a solid, dense metal jewelry piece that is 99.9% fine silver. We will be working with PMC3, a low fire version of this product. Using simple tools and your fingers, and without special skills, you will create fabulous jewelry to wear! The high costs of working with PMC products are offset by the reduction in time (and skills) needed to make a life treasure. Introductory classes are offered to make several types of jewelry. At the first class you take, there is a \$20 tool kit fee. In addition, there is a charge for supplies of one each: clay, paste, and syringe ('coil') of \$70 (total of 40gr of fine silver). Depending on how small you choose to work, these basic supplies could last for all three introductory classes. Any additional materials needed will incur additional cost. The deadline to register is two weeks prior to first class. After this date call 831-6126 to check space availability. Instructor: Marjorie Putnam (1 session) Class Fee: \$70

#35966 Jun 4 Sa 10:00am-4:00pm

Jewelry – Precious Metal Clay – B

Location: Pullen Arts Center

Age: 16yrs and up. The focus of this class will be Rings & Hollow Beads. We will be working with PMC3, a low fire version of precious metal clay. Using simple tools and your fingers, and without special skills, you will create fabulous jewelry to wear! Supply List: Beginners Tool Kit (\$20), Clay materials (\$70). The Beginners Tool Kit and clay materials will be available for purchase from the instructor at the first class. The deadline to register for this course is two weeks prior to first class date. After this date call 831-6126 to check space availability. Instructor: Marjorie Putnam (1 session).

Class Fee: \$70

#35967 Jul 9 Sa 10:00am-2:00pm

Jewelry – Triangle Bead Society

Location: Pullen Arts Center

Age: 10yrs and up. Every second Wednesday join other bead enthusiasts for 'Bead Talk!'—a discussion and sharing of bead knowledge. Class Fee: Participants pay a 75¢ participation fee each session.

#34943 May 11, Jun 8, Jul 13, Aug 10 W 7:30-9:30pm

Mat Cutting Orientation

Location: Sertoma Arts Center

Age: 16yrs and up. For those wishing to qualify to use our C&H mat cutter and shrink wrapper. Student should bring photo or artwork to mat in class (no larger than 8 x 10"). Glen Wells instructs. Class Fee: \$22

#35416 May 12 Th 6:30-9:30pm

#35417 Jun 14 T 6:30-9:30pm

#35418 Jul 20 W 6:30-9:30pm

#35419 Aug 11 Th 6:30-9:30pm

#36362 May 3-24 T 8:00-9:30pm

Painting – Advanced

Location: Pullen Arts Center

Age: 16yrs and up. Beginner and intermediate painting classes are needed before taking this class. Each artist will be working with their own idea direction. The instructor will critique on techniques, materials, subject matter, record keeping and exhibitions. Some outside sketching if weather permits. Students have a choice of working in oils, acrylics, alkyds, watercolor, or mixed media. A materials list will be issued when registered. Students furnish their own supplies. Class limit: 12 students. Instructor: Mary

Anne K. Jenkins (6 weeks). Class Fee: \$70

#35305 Jun 1-Jul 6 W 9:30am-12:30pm

#35306 Jun 2-Jul 7 Th 9:30am-12:30pm

#35307 Jul 13-Aug 17 W 9:30am-12:30pm

#35308 Jul 14-Aug 18 Th 9:30am-12:30pm

Painting – Anything Goes

Location: Sertoma Arts Center

Age: 16yrs and up. The goal in this 'open studio' class is to improve all aspects of your painting. The knowledge you gain will help you have more confidence as you paint with your favorite medium. Individual attention will be given as you paint. Some previous experience with your chosen medium is required. Micki Weeda instructs. Class Fee: \$79

#35303 Aug 3-31 W 9:30am-12:30pm

Painting – Beginning Watercolor

Location: Pullen Arts Center

Age: 16yrs and up. An evening of watercolor painting. Learn the basic techniques of paint application, color mixing, composition, and try some experiments that let your 'accidents' become the picture. A supply list will be given upon registration. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68

#35969 Jun 14-Jul 26 T 7:00-9:00pm

Painting – Collage Continuing

Location: Sertoma Arts Center

Age: 16yrs and up. This class is guaranteed to release your creative spirit. Using stained papers, oriental papers and found papers students will reach a new level of collage. Come prepared to have a weekend of learning and fun. All skill levels are welcome.

Patsy Skinner instructs. Class Fee: \$65

#35925 Aug 5-7 F 12:30-4:30pm

Sa 10:00am-2:30pm

Su 1:00-4:30pm

Painting – Oil Painting Beginning

Location: Sertoma Arts Center

Age: 16yrs and up. This class will explore the versatility of oil painting techniques, as well as the care and use of materials. Students will focus on color, composition and texture. They will also reflect on famous artists' works as references. Leslie Pruneau instructs. Class Fee: \$79

#34876 Jun 1-Jul 6 W 1:00-3:30pm

Painting – Open Painting Studio

Location: Sertoma Arts Center

Age: 16yrs and up. This open studio time is for drawing and painting. There is not an instructor, but always plenty of knowledgeable artists to share their talents. Anyone who is a student or former student of Sertoma Arts Center and has purchased a current studio card is eligible to participate. (The studio will also be open on occasional Saturdays and Sundays. These dates will be posted in the classroom.) No Open Studio time on July 29 or Aug 5.

#35895 May 6-Aug 26 F 9:30am-4:30pm

Painting – Open Studio

Location: Pullen Arts Center

Age: 16yrs and up. 'Like your handwriting, a painting is an expression of yourself and is authentic and unique to you. Painting is something I do for pleasure and relaxation.'

This is instructor Don Mason's philosophy on painting. This course is an open studio environment where students work on their own projects. Beginners learn to paint in oils or acrylics. Continuing students receive personal attention with their ongoing projects. Students provide their own materials. Instructor: Don Mason (4 weeks). Class Fee: \$36

#35298 May 16-Jun 13 M 9:30am-12:30pm

#35299 Jun 20-Jul 18 M 9:30am-12:30pm

#35300 Jul 25-Aug 15 M 9:30am-12:30pm

Painting – PhotoArt Gallery Rose

Location: Green Road Community Center

Age: 18yrs and up. Create your own painted masterpiece! In this class, students will be introduced to a technique called Pointillistic Painting, where the pixel elements of a photo are translated onto canvas, ready for you to paint. Students with no painting experience will be able to create a wonderful piece of art to display, or to give as a gift. In class, students will be shown examples of completed works and receive instruction on the painting process, along with helpful tips and techniques. Students will be given a sample to complete in class. Students will then be supplied with a canvas to begin in class and complete at home. A supplies fee of \$30 is due to the instructor. Class Fee: \$12

#36248 May 11 W 6:30-8:30pm

#36249 May 25 W 6:30-8:30pm

Painting – Summer Acrylics

Location: Sertoma Arts Center

Age: 16yrs and up. Beginning students will learn the basic techniques of using acrylic

Painting Summer Acrylics continued next page —

Painting Summer Acrylics continued —

paints. Advanced students are welcome to work on their own projects with guidance from the instructor. Ed Hardy instructs. Class Fee: \$79

#34871	Jun 7-Jul 19	T	7:00-9:30pm no class Jul 5
#34872	Jun 11-Jul 23	Sa	9:30am-12:00pm no class Jul 2

Painting – Summer Watercolors

Location: Sertoma Arts Center

Age: 16yrs and up. This course will accommodate both beginning and continuing students, with an emphasis on developing a better understanding and mastery of basic watercolor techniques. Each class will begin with a brief series of timed 'warm-up' painting exercises, followed by a lengthy studio session where students can paint from photo references, still lifes, independent projects or instructor-guided exercises. Julie Eastman instructs. Class Fee: \$79

#34874	Jul 11-Aug 15	M	1:00-3:30pm
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Painting – Time for Watercolor

Location: Pullen Arts Center

Age: 16yrs and up. This course will accommodate both beginning and continuing students. Each class will begin with a demonstration focusing on a variety of watercolor techniques. Students will then work using photographs and other visual aids.

Emphasis will be on achieving bold watercolors using fewer strokes. We will explore color mixing, perspective, composition, values, and principles and elements of design. If you are interested in taking your art to the next level, this course is for you! Instructor: Janie Johnson (6 sessions). Class Fee: \$68

#35295	May 10-Jun 14	T	9:30am-12:00pm
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Painting – On Site (Plein Air) Watercolor

Location: Sertoma Arts Center

Age: 16yrs and up. This is mostly an outdoor class, weather permitting. We will focus on specific plein air issues like lighting, finding a subject, simplifying what is seen, and developing a good composition. Other technical issues regarding landscape painting will also be discussed. All painting sites will be in the vicinity of the Sertoma Arts center, and in inclement weather we will work indoors and focus on painting landscapes from reference photos. Be prepared to work outside the first class. Julie Eastman instructs. Class Fee: \$79

#34873	Jul 11-Aug 15	M	9:30am-12:00pm
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Photography – Beginning Darkroom

Location: Sertoma Arts Center

Age: 16yrs and up. Learn how to process black and white film and print your own pictures in the darkroom in this fun and informative class. Students supply materials and should bring their empty 35mm camera to first meeting. Jill Snyder instructs. Class Fee: \$68

#35235	Jun 2-Jul 14	Th	7:00-9:30pm
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Photography – Darkroom Orientation

Location: Sertoma Arts Center

Age: 16yrs and up. For those who know how to use a black and white darkroom and wish to qualify for Open Darkroom at Sertoma. After completion of orientation, users purchase a studio card to use the darkroom and then furnish their own materials. 1 session. David Simonton instructs. Class Fee: \$22

#36685	May 18	W	6:00-7:00pm
#36686	Jun 13	M	6:00-7:00pm
#36687	Jul 13	W	6:00-7:00pm
#36688	Aug 17	W	6:00-7:00pm

Photography – Nature Photography I

Location: Sertoma Arts Center

Age: 16yrs and up. Why have washed out or unwanted silhouette shots in your repertoire? Find out how to eliminate that and get more 'wows' out of your photos! Why does that digital shot look different in your camera, on your computer screen and on paper? This one day session will discuss that and many other topics specifically related to nature photography....film and digital.

Equipment, tradeoff between shutter speed, f-stop and light conditions, composition, places to shoot and much more. We'll also take some time for optional critiques and some shooting outdoors. Includes the workshop notes, reprints, a roll of film and more. 1-day workshop with half-hour lunch break. Sol Levine instructs. Class Fee: \$72

#36706	Aug 13	Sa	9:15am-2:45pm
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Picture Framing Basics

Location: Pullen Arts Center

Age: 16yrs and up. This class covers all the basics of framing artwork. Students will design a frame and complete it during the class. Included will be exploration of framing options, mat cutting, design, and construction. Workshop leader Jesse Goslen will share over thirty years of experience as a picture framer, molding manufacturer, gallery owner, and an artist's son. Supply costs: \$25-\$100 depending on size and design of framing. Students bring framing

project to first class. Instructor: Jesse Goslen (5 weeks). Class Fee: \$68

#34950	May 3-Jun 7	T	7:00-9:00pm
#34951	Aug 2-30	T	7:00-9:00pm

Pine Cone Irish Music

Location: Carolina Pines Community Center

Age: 18yrs and up. These Irish Music sessions allow beginners the opportunity to learn to play both traditional and non-traditional Irish instruments in a learning atmosphere. The group meets the third Tuesday of each month from 7:30-9:30pm. Class fee is 75¢ per person per meeting.

#35939	May 17	T	7:30-9:30pm
#35940	Jun 21	T	7:30-9:30pm
#35941	Jul 19	T	7:30-9:30pm
#35942	Aug 16	T	7:30-9:30pm

Pottery – Beginning Wheel

Location: Pullen Arts Center

Age: All Ages. Wheel thrown pottery is one of our most popular classes! Demonstrations will focus on the fundamentals of basic wheel thrown pottery. Projects will teach skills such as wedging, sticking and centering clay on the wheel, use of throwing tools, along with glazing techniques. Instructors offer individual attention as skill progression is unique to each person. Supply fee approx. \$22 payable at first class. Instructors: Sherry Nicholson (Monday PM); Niel Hora (Tuesday PM); Jamie Kirkpatrick (Tuesday AM and Wednesday PM). (7 weeks). Class Fee: \$81

#34985	May 16-Jul 11	M	7:00-9:30pm
#34986	May 17-Jun 28	T	9:30am-12:00pm
#34987	May 17-Jun 28	T	7:00-9:30pm
#34988	May 18-Jun 29	W	7:00-9:30pm
#34989	Jul 12-Aug 23	T	9:30am-12:00pm
#34990	Jul 12-Aug 23	T	7:00-9:30pm
#34991	Jul 25-Sep 12	M	7:00-9:30pm

Pottery – Ceramic Wall Sconces

Location: Pullen Arts Center

Age: All Ages. We will design and then build a wall sconce (or a few different wall sconces) from clay. Bring your ideas to the first class! We will use a variety of techniques to decorate the sconces. The sconces can



be used as planters (indoors or out) or for lighting. Pre-requisite: Basic Handbuilding at Pullen or Sertoma Arts. Supply fee approx. \$16 (for clay) payable at first class. Instructor: Keith Michael Miller (7 weeks). Class Fee: \$81
#34942 May 19-Jun 30 Th 10:00am-12:30pm

Pottery – Continuing Wheel

Location: Pullen Arts Center
Age: 16yrs and up. Learn how to apply confidence and steadiness to your work with clay. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. Supply fee of approx. \$16 (for clay) payable at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor: Jamie Kirkpatrick (7 weeks). Class Fee: \$81
#35006 Jul 13-Aug 24 W 7:00-9:30pm

Pottery – Glaze Palette Intro

Location: Pullen Arts Center
Age: 16yrs and up. This class offers a more in-depth look at glazes, slips and their applications. Prerequisite: currently enrolled in or previously taken a beginner wheel or hand-building class at Pullen or Sertoma Arts Center. Instructor: Trish Pattishall (1 session). Class Fee: \$15
#34952 Jul 6 W 7:00-9:00pm
#34953 Aug 30 T 7:00-9:00pm

Pottery – Glazing Clinic

Location: Sertoma Arts Center
Age: 16yrs and up. A general review of the glaze techniques taught in beginning pottery classes. For those who need a refresher class or those who missed their glaze class. (This counts as a make up class to qualify for using the clay studio at Sertoma.) Prerequisite Beginner Wheel or Handbuilding at Sertoma or Pullen Arts Center. Randy Hinson instructs. Class Fee: \$12
#35406 May 25 W 7:00-9:30pm

Pottery – Handbuilding Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. This course introduces students to the varied methods of constructing pottery by hand from pinch, coils and slabs of clay, provides an understanding of ceramic terms and processes, and equips the student with the knowledge to use the pottery studio independently. Sessions are comprised of demonstrations followed by student practice time under the guidance of the instructor. Discussion of firing and finishing methods are included in the glazing session of the course culminating with students glazing pots they have created for firing. No previous clay experience necessary. Students are encouraged to practice between class sessions and have free access to Sertoma's well equipped studio. Materials not included: purchase at first class (approximately \$35). Class #35407 skips July 4 and class #35408 skips July 5. Class Fee: \$81
#35407 Jun 6-Aug 1 M 7:00-9:30pm
#35408 Jun 7-Aug 2 T 9:30am-12:00pm

Pottery – Handbuilding Techniques Intro

Location: Pullen Arts Center
Age: 16yrs and up. Expand your possibilities with clay! If you can imagine it, you can build it with clay! We will cover the basics of hand building with clay—we will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller and other hand building tools. Supply fee approx. \$22 payable at first class. Instructor: Jennifer Stas (6 weeks). Class Fee: \$71
#35023 May 16-Jun 27 M 7:00-9:30pm
#35024 Jul 11-Aug 15 M 7:00-9:30pm
#35025 Jul 14-Aug 18 Th 2:00-4:30pm

Pottery – Just Bowls

Location: Pullen Arts Center
Age: 16yrs and up. A bowl is arguably one of the most useful pottery forms. A bowl can guard its contents. Some bowls are very giving. Some bowls stack neatly and some don't. A bowl seems like an easy form to produce on the wheel, however, a 'good' bowl can be hard to achieve. How does a bowl's form and surface treatment affect its use and vice versa? How should you treat the foot, the wall (interior and exterior) and the lip of a bowl? Through demonstrations and discussions, we will cover these foundation questions and more. Production techniques will include throwing 'off the hump.' The final assignment will be to design a bowl or series of bowls for your favorite use(s). Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Niel Hora (6 Weeks). Class Fee: \$71
#35903 Jul 21-Aug 25 Th 7:00-9:30pm

Pottery – Large Vessels

Location: Pullen Arts Center
Age: 16yrs and up. Ceramic artist Jamie Kirkpatrick will demonstrate his style of assembling sections of clay to form large vessels measuring up to 30 inches in height. Jamie will demonstrate methods to eliminate the risk and anxiety that can often be associated with constructing large/tall forms. Participants will learn how to wedge and center 'larger' amounts of clay and throw 'taller' cylinders. Pre-requisite: Beginning Wheel at Pullen or Sertoma Arts. Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Jamie Kirkpatrick (6 weeks). Class Fee: \$71
#34944 Jun 9-Jul 14 Th 7:00-9:30pm

Pottery – Lidded Vessels & Handled Mugs

Location: Pullen Arts Center
Age: 16yrs and up. Creating as many different designs for lidded vessels and mugs will be the objective for this class. In this workshop, you will learn different techniques for making and designing lids for any of your containers and discover which technique and design works for you and your style of work. Class will also focus on pulling and attaching handles in order to determine

which style of handle works with your particular mug and cup designs. Mugs and cups are a good starting ground for pulled handles. We will explore ways of personalizing your work, to make it extraordinarily and uniquely yours. More importantly, we will contemplate aesthetic lid and handle design that should 'invite the hand' and be 'user friendly'. Good forms tend to emerge only from a high yield of work. Instructor will work in a 'production pottery' mode and will assist you to become more comfortable in this mode. We will explore the results of our high yield. We will recycle the rejected ideas and continue to work with the few 'chosen ones'. Prerequisite: Beginning Wheel at Pullen or Sertoma Arts. Supply fee of approximately \$16 (for clay) payable at first class. Instructor: Jamie Kiblepatrick (2 daily sessions) Class Fee: \$70
#36507 Jul 23-24 Sa-Su 10:00am-4:00pm

Pottery – The Great Outdoors

Location: Pullen Arts Center
Age: 16yrs and up. In this class, we learn how to make several types of outdoor planters. What do you need for your summer patio? Pots and planters, flower boxes, hanging baskets and other ornamental accents will be demonstrated. Using the handbuilding techniques of stiff slab and soft slab construction, students will build all the accessories needed for container gardening. Do you have a specific type of garden in mind? Bring your ideas to class and we will create the special containers for your needs. Pre-requisite: Basic Handbuilding at Pullen or Sertoma Arts. Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Jen Stas (6 weeks). Class Fee: \$71
#35354 May 18-Jun 22 W 7:00-9:30pm

Pottery – Totemic Columns

Location: Pullen Arts Center
Age: 16yrs and up. Want to learn how to build large scale sculpture? Totems are traditionally the tribal symbols of a clan or family that tell a story. We will spend this class discussing and designing your theme and executing your ideas in clay. Class time will be spent building segments of a column that will stack together. Using this method, the sky is the limit when it comes to tall! Demonstrations will include techniques of handbuilding pieces to fit into one another on an armature as well as surface design utilizing tools, texture, color and various sculpture techniques. Bring your imagination! Pre-requisite: Basic Handbuilding at Pullen or Sertoma Arts. Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Jen Stas (6 weeks). Class Fee: \$71
#35355 Jul 13-Aug 17 W 7:00-9:30pm

Pottery – Wheel Throwing Beginner

Location: Sertoma Arts Center
Age: 16yrs and up. This course introduces students to the basics of 'throwing' pottery on the potter's wheel, provides an under-

Pottery Wheel Throwing Beg. continued next page —

Pottery Wheel Throwing Beg continued —

standing of ceramic terms and processes, and equips the student with knowledge needed to use the pottery studio comfortably, safely and independently. Sessions are comprised of demonstrations followed by student practice time under the guidance of the instructor. Topics covered include developing clay centering skills followed by throwing techniques used to produce a variety of forms and basic handle making. Discussion of firing and finishing methods are included in the glazing session of the course culminating with students glazing pots they have created for firing. No previous experience necessary. Students are encouraged to practice between class sessions and have free access to Sertoma's well equipped studio. Materials not included; purchase at first class (approximately \$30). Deborah Harris instructs class #35409 and Tara McGee instructs class # 35968. Class #35968 has one skip to be announced. Class Fee: \$81

#35409	Jun 1-Jul 20	W	9:30am-12:00pm
#35968	Jun 2-Jul 28	Th	9:30am-12:00pm

Pottery – Wheel Throwing Continuing

Location: Sertoma Arts Center

Age: 16yrs and up. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a 'refresher' course for students who have previously taken throwing classes and have not thrown for some time. Studio orientation and glazing class are included so new students are welcome. The only prerequisite is to have beginner throwing skills. Materials extra. Class skips Aug 10. Randy Hinson instructs. Class Fee: \$81

#35412	Jun 29-Aug 24	W	7:00-9:30pm
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Printmaking – Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Unique cards, one of a kind works of art, posters, fine art prints, and so much more are possible with the use of Pullen Art Center's printing press! In this beginning printmaking class we will cover drypoint, linoleum, and collograph printmaking. We will work on pulling editions using the center's Whelan Printing Press and also by hand. Students will create an edition of 10 prints. Supply list provided. Instructor: Keith Norval (6 weeks). Class Fee: \$68

#35302	May 3-Jun 7	T	7:00-9:00pm
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Printmaking – Monoprinting Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Create painterly, one-of-a-kind works of art using Pullen Arts' professional press! Achieve the effects of monoprinting that are not possible in any other medium. This class will take an experimental approach in covering the beginning techniques of additive and subtractive monoprinting. We will create monoprints from

found images as well as from our own drawings. The class will culminate in a print exchange. Supply fee approx \$10 (for inks) included in class fee. Additional Supply List provided. Instructor: Anna Podris (5 weeks). Class Fee: \$68

#35304	May 2-Jun 6	M	7:30-9:30pm
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Scrapbooks – Complete Album in a Month!

Age: 18yrs and up. In 4 sessions, participants will organize materials, crop photos and prepare memorabilia, design a layout, and complete an entire album. Class fee will include all supplies necessary for the entire class. Class Fee: \$70

Location: Green Road Community Center

#36872	Aug 2-23	T	7:00-9:30pm
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Location: Pullen Community Center

#37222	Aug 8-29	M	7:00-9:30pm
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Scrapbooks – Vacation Travel

Location: Pullen Community Center

Age: 18yrs and up. Remember the highlights and memories of a recent vacation or prepare for an upcoming travel in this album making class. Bring 4-12 photos of your recent vacation. Class Fee: \$25

#37221	Jul 26	T	7:00-9:00pm
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Scrapbooks: Specialty Albums

Location: Green Road Community Center

Age: 18yrs and up. In each of these one-time workshops, we will focus on the differences and similarities between theme albums and general albums, as well as offer tips on organization, design and completion.

May 23: Travel; May 24: School; June 27:

Weddings; June 28: Baby Class Fee: \$20

#36874	Jun 28	T	7:00-9:00pm
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#36875	Jun 27	M	7:00-9:00pm
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#36876	May 24	T	7:00-9:00pm
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#36877	May 23	M	7:00-9:00pm
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Square Dance – Merry Mixers

Location: Brentwood Park

Age: 18yrs and up. Come join us for some old fashioned fun! Advanced square dance lessons offered at Brentwood Community Center. Vance McDaniel is the caller for this

lively group! Dues are payable to instructor.

#36254	May 4-25	W	8:00-10:00pm
#36255	Jun 1-29	W	8:00-10:00pm
#36256	Jul 6-27	W	8:00-10:00pm
#36257	Aug 3-31	W	8:00-10:00pm

Studio Participation Card at Pullen Arts

Location: Pullen Arts Center

Age: 16yrs and up. Studio Participation

Cards are available for qualified participants at Pullen Arts and Sertoma Arts Center.

Possession of a current Studio Card allows access to the clay, jewelry, printmaking, mat cutting, photography, painting, and weaving studios by people qualified to work in them. Pre-requisite for purchasing a studio card is successful completion of a Pullen Arts or Sertoma Arts beginner level course in each respective studio area. For information on purchasing a studio card and studio hours contact the Pullen Arts Front Desk staff at 831-6126 or Sertoma Arts Center Front Desk at 420-2329.

	Yearly	Monthly
Raleigh Residents	\$30	\$10
Non-Residents	\$40	\$15
Raleigh Senior Citizen (62yrs+)	\$15	\$5

Weaving – Ripsmatta

Location: Pullen Arts Center

Age: 16yrs and up. Make simple mug rugs to learn the basics of Ripsmatta (a warp faced weave). Weaving will be completed outside of class. Pre-requisite: basic weaving class from Pullen Arts, NC State Craft Center, or Shuttles, Needles & Hooks. Call 831-6126 one week prior to class for Supply List. Supply fee approx. \$10 payable at first class. Instructor: Sharon Petrides (3 weeks). Class Fee: \$55

#34969	Jun 6-20	M	7:00-10:00pm
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Weaving On The Floor Loom

Location: Pullen Arts Center

Age: 16yrs and up. Wandering Vine, Martha Washington, Whig Rose, Lee's Surrender; the names sound like history. These are just a few of the patterns on our 18 floor looms. You can weave coverlets, tea towels, baby



blankets, and more on looms warped with exact duplications of 100-200 year old patterns. First class: Learn plain and pattern weave on the tea towel looms. 2nd class: Weave on a wider loom and work on a more complex project. (This project will be priced separately from class fee.) Common problems and repair techniques will be discussed. After completing the orientation purchase a participation card and pay the loom reservation fee to use the studio. Instructor: Sharon Petrides (2 sessions). Class Fee: \$30

#34954	May 4-11	W	6:00-9:00pm
#34955	May 10-12	Tu, Th	2:00-5:00pm
#34956	May 18-25	W	6:00-9:00pm
#34957	May 24-26	Tu, Th	2:00-5:00pm
#34958	Jun 7-9	Tu, Th	2:00-5:00pm
#34959	Jun 8-15	W	6:00-9:00pm
#34960	Jun 21-23	Tu, Th	2:00-5:00pm

Family

Ceramics Studio

Location: Chavis Community Center
Age: 5yrs and up. Learn to pour, clean, glaze, and paint hand made ceramic pieces. Hundreds of molds to choose from!!! Work independently or with the help of experienced instructor. Fees for pieces completed. Class Fee: \$6

#36647	May 2-Aug 25	M-Th	4:30-9:30pm
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Gallery Exhibits at Pullen Arts

Location: Pullen Arts Center
Age: 1yrs and up. Pullen Arts Center's Gallery program features rotating exhibits by area, regional & national artists. Exhibits are on display in the lobby during the Center's normal operating hours. Artists interested in being considered for an exhibit can contact Betty McKim at 831-6126.

Prints by Ollie Wagner

#35231	May 1-31	Daily
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Watercolors by Janie Johnson and Handmade Books and Paper by John Dancy-Jones

#35232	Jun 1-30	Daily
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"Pots from Penland" by Laurie Knopp

#35233	Jul 1-30	Daily
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Jewelry by Madeline Smoak and Joy McGill

#35234	Aug 1-31	Daily
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Athletic Teams/Leagues

Youth

Baseball – Coach Pitch

Location: North Hills Park
Age: 7-8yrs. Didn't get enough baseball in the Spring? Then sign up for more fun with Optimist Community Center's coach pitch baseball. This late summer league will be offered for the following age group: 7-8. League age is determined by the participant's age as of July 31, 2005. Games and practices will be held at North Hills Park. Class Fee: \$43

#36870	Jul 11-Sep 9	M-F	6:00-8:00pm
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Baseball Summer Youth League

Location: Buffalo Road Athletic Park
Age: 15-18yrs. Play Ball! Leagues are offered for the following age groups: 15-16 and 17-18 year olds. League age is determined by the age of the participant on July 31, 2005. The 15-16 and 17-18 ages group will not start practice until mid May. Class Fee: \$27

Colt Baseball

#33512	May 16-Jul 24	F-W	5:30-10:00pm
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Palomino Baseball

#33513	May 16-Jul 24	Daily	5:30-10:00pm
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Basketball – Summer Leagues

Summer Basketball will be offered to boys and girls ages 5-12 and girls through the age of 14. Registration will be held April 25 through May 8; please register early as space is limited. Practices will begin in mid-June and league play will begin in July. Games and practices will be held at Green Road Park Center and Millbrook Exchange Center.

Emphasis will be on skill development and FUN! League age is determined as of March 31, 2006. SPACE IS LIMITED! Class Fee: \$48

Summer Pee Wee Basketball

#33499	Ages 5-6
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Summer Mini Mite Basketball

#33500	Ages 7-8
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Summer Boys Mitey Mite Basketball

#33501	Ages 9-10
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Summer Girls Mitey Mite Basketball

#33502	Ages 9-10
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Summer Girls Little League Basketball

#33503	Ages 11-12
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Summer Boys Little League Basketball

#33504	Ages 11-12
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Girls Junior Basketball

#33505	Ages 12-14
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Basketball 3-on-3

Location: Roberts Park Community Center
Age: 14yrs and up. Come out and play 3-on-3 on our indoor court and score some tough buckets against your competition. Fee \$40 per team. Class Fee: \$10

#36879	May 12-Jun 2	Th	6:30-9:30pm
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Basketball Blazing Baskets

Location: Roberts Park Community Center
Age: 13-14yrs. A Double Elimination Tournament and an excellent way to showcase your skills. May not turn 15 prior to September 1, 2005. See who is the last team standing. Keep winning or become a spectator. Trophies awarded to the first place team only. Only 6 teams accepted. Registration: July 8-15. Class Fee: \$100

#36502	Aug 6	Sa	8:30 AM-5:30pm
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Basketball Court Stars

Location: Roberts Park Community Center
Age: 9-11yrs. A Summer Basketball League for 11 and under. May not turn 12 prior to August 1, 2005. Registration: May 1-12. Season begins: June 13. Contracts and birth certificates required to participate. Class Fee: \$25

#36142	Jun 13-Jul 27	M,W	6:30-9:30pm
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District A Youth Cheerleading – 2005

Location: Lake Lynn/Optimist Community Ctrs
Age: 7-13yrs. The athletics division in coordi-

nation with the community centers are offering. Registration is July 5-17. Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined as of July 31 of current year. Class Fee: \$50

Lake Lynn

#34633	Aug 8-Oct 31	M	6:00am-7:30pm
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Optimist

#34634	Aug 8-Oct 31	M	6:00am-7:30pm
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District A Youth Football – 2005

Location: Lake Lynn and Optimist

Age: 7-13yrs. The athletics division in coordination with community centers is offering tackle football. Registration is July 5-17. The age divisions are divided into the following leagues: 7-9yrs (45-90lbs), 9-11yrs (70-115lbs), 11-13yrs (95-150lbs). All participants must provide proof of age and have insurance. League age is determined by age as of July 31, 2005. Class Fee: \$35

Mitey-Mite Panthers 7-9yrs

#34582	Aug 8-Nov 4	M-F	5:30-8:00pm
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Little League Panthers 9-11yrs

#34583	Aug 8-Nov 4	M-F	5:30-8:00pm
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Junior League Panthers 11-13yrs

#34584	Aug 8-Nov 4	M-F	5:30-8:00pm
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Mitey Mite Wolfpack 7-9yrs

#34585	Aug 8-Nov 4	M-F	5:30-8:00pm
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Little League Wolfpack 9-11yrs

#34586	Aug 8-Nov 4	M-F	5:30-8:00pm
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District B Youth Cheerleading – 2005

Age: 7-13yrs. The athletics division in coordination with the community centers are offering cheerleading. Registration is July 5-17. Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined as of July 31 of current year. Class Fee: \$50

Green Road

#34635	Aug 8-Oct 31	M	6:00-7:30 pm
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Lions Park

#34636	Aug 8-Oct 31	M	6:00-7:30 pm
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Cowboys

#34637	Aug 8-Oct 31	M	6:00-7:30pm
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District B Youth Football – 2005

Location: Green Road, Millbrook, and Lions
Age: 7-13yrs. The athletics division in coordination with community centers is offering tackle football. Registration will be held July 5-17. The age divisions are divided into the following leagues: 7-9yrs (45-90lbs), 9-11yrs (70-115lbs), 11-13yrs (95-150lbs). All participants must provide proof of age and have insurance. League age is determined by age as of July 31, 2005. Class Fee: \$35

Mitey Mite Eagles 7-9yrs

#34611	Aug 8-Nov 4	M-F	5:30-8:00pm
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Little League Eagles 9-11yrs

#34612	Aug 8-Nov 4	M-F	5:30-8:00pm
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Junior League Eagles 11-13yrs

#34613	Aug 8-Nov 4	M-F	5:30-8:00pm
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Mitey Mite Cowboys 7-9yrs

#34614	Aug 8-Nov 4	M-F	5:30-8:00pm
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Little League Cowboys 9-11yrs

#34615	Aug 8-Nov 4	M-F	5:30-8:00pm
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Junior League Cowboys 11-13yrs

#34616	Aug 8-Nov 4	M-F	5:30-8:00pm
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Mitey Mite Tigers 7-9yrs

#34617	Aug 8-Nov 4	M-F	5:30-8:00pm
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District B Youth Football continued next page —

District B Youth Football continued —

Little League Tigers 9-11yrs

#34618 Aug 8-Nov 4 M-F 5:30-8:00pm

Junior League Tigers 11-13yrs

#34619 Aug 8-Nov 4 M-F 5:30-8:00pm

District C Youth Cheerleading – 2005

Location: Jaycee Community Center

Age: 7-13yrs. The athletics division in coordination with the community centers are offering cheerleading. Registration is July 5-17. Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined as of July 31 of current year. Class Fee: \$50

#34638 Aug 8-Oct 31 M 6:00am-7:30pm

District C Youth Football – 2005

Location: Jaycee Community Center

Age: 7-13yrs. The athletics division in coordination with community centers is offering tackle football. Registration is July 5-17. The age divisions are divided into the following leagues: 7-9yrs (45-90lbs), 9-11yrs (70-115lbs), 11-13yrs (95-150lbs). All participants must provide proof of age and have insurance. League age is determined by age as of July 31, 2005. Class Fee: \$35

Mitey Mite 7-9yrs

#34620 Aug 8-Nov 4 M-F 5:30-8:30pm

Little League 9-11yrs

#34621 Aug 8-Nov 4 M-F 5:30-8:30pm

Junior League 11-13yrs

#34622 Aug 8-Nov 4 M-F 5:30-8:30pm

District D Youth Cheerleading – 2005

Location: Biltmore Hills Community Center

Age: 7-13yrs. The athletics division in coordination with the community centers are offering cheerleading. Registration is July 5-17. Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined as of July 31 of current year. Class Fee: \$50

Raiders

#34639 Aug 8-Oct 31 M 6:00am-7:30pm

Steelers

#34640 Aug 8-Oct 31 M 6:00am-7:30pm

Vikings

#34641 Aug 8-Oct 31 M 6:00am-7:30pm

Rams

#34642 Aug 8-Oct 31 M 6:00am-7:30pm

District D Youth Football – 2005

Location: Biltmore Hills, Chavis, Worthdale and Carolina Pines

Age: 7-13yrs. The athletics division in coordination with community centers is offering tackle football. Registration is July 5-17. The age divisions are divided into the following leagues: 7-9yrs (45-90lbs), 9-11yrs (70-115lbs), 11-13yrs (95-150lbs). All participants must provide proof of age and have insurance. League age is determined by age as of July 31, 2005. Class Fee: \$35

Mitey Mite Raiders 7-9yrs

#34623 Aug 8-Nov 4 M-F 5:30-8:30pm

Little League Raiders 9-11yrs

#34624 Aug 8-Nov 4 M-F 5:30-8:30pm

Junior League Raiders 11-13yrs

#34625 Aug 8-Nov 4 M-F 5:30-8:30pm

Mitey Mite Vikings 7-9yrs

#34626 Aug 8-Nov 4 M-F 5:30-8:30pm

Little League Vikings 9-11yrs

#34627 Aug 8-Nov 4 M-F 5:30-8:30pm

Junior League Vikings 11-13yrs

#34628 Aug 8-Nov 4 M-F 5:30-8:30pm

Mitey Mite Rams 7-9yrs

#34629 Aug 8-Nov 4 M-F 5:30-8:30pm

Little League Rams 9-11yrs

#34630 Aug 8-Nov 4 M-F 5:30-8:30pm

Junior League Rams 11-13yrs

#34631 Aug 8-Nov 4 M-F 5:30-8:30pm

Mitey Mite Steelers 7-9yrs

#34632 Aug 8-Nov 4 M-F 5:30-8:30pm

Fall Baseball 2005

Location: Buffaloe Road Athletic Park

Age: Fall baseball for 10-17 year olds.

Registration is June 27-July 10. Leagues are offered for the following ages: 10-11, 12-13, 14-15 and 16-17yrs. League age is determined by age of the participant as of July 31, 2005. All games will be played at Buffaloe Road Athletic Park. Class Fee: \$57

City Wide 16-17

#34643 Jul 25-Oct 28 M-F 5:30-10:00pm

District A 14-15

#34644 Jul 25-Oct 28 M-F 5:30-10:00pm

District B 14-15

#34645 Jul 25-Oct 28 M-F 5:30-10:00pm

District C and D 14-15

#34646 Jul 25-Oct 28 M-F 5:30-10:00pm

District A 12-13

#34647 Jul 25-Oct 28 M-F 5:30-10:00pm

District B 12-13

#34648 Jul 25-Oct 28 M-F 5:30-10:00pm

District C and D 12-13

#34649 Jul 25-Oct 28 M-F 5:30-10:00pm

District A 10-11

#34650 Jul 25-Oct 28 M-F 5:30-10:00pm

District B 10-11

#34651 Jul 25-Oct 28 M-F 5:30-10:00pm

District C and D 10-11

#34652 Jul 25-Oct 28 M-F 5:30-10:00pm

RPD Summer Basketball at Method

Location: Method Road Community Center

Age: 13-14yrs. Method Center and the Raleigh Police Dept. in coordination with community centers throughout Raleigh offers youth basketball for ages 13-16. Each participant must provide a copy of birth verification before registering and must have insurance. League age is determined by the participants age as of July 31 of the current year. Class Fee: \$28

RPD Summer Basketball Jr. League

#33497 Jun 6-Aug 22 M 6:00-10:00pm

RPD Summer Basketball Sr. League

#33498 Jun 7-Aug 23 T 6:00-10:00pm

Softball Youth Machine Pitch

Location: Jaycee Community Center

Age: 9-10yrs. This is a great program to introduce girls to Fast Pitch Softball. A pitching machine will be used in this league. Practices will start in April with games starting the first of May. League age is determined by the age of the participant as of July 31 2005. Class Fee: \$27

Girls Machine Pitch Softball

#33511 May 3-Jun 25 T,Th,Sa 6:00-9:00pm

Youth Fall Fast Pitch Girls Softball

Location: Buffaloe Road Athletic Park

Age: 10-15yrs. The athletics division in coordination with the staffed community centers offers fast pitch softball for girls in the following age groups: 11-12 and 13-15yrs. Registration is June 27-July 10. All participants must provide a copy of birth verification and must have insurance. League age is determined by the age of the participant on July 31, 2005. Class Fee: \$32

Girls Fast Pitch 10-12yrs

#34653 Jul 25-Oct 14 M-F 5:30-10:00pm

Girls Fast Pitch 13-15yrs

#34654 Jul 25-Oct 14 M-F 5:30-10:00pm

Teen**Football 2 Hand Touch**

Location: Roberts Park Community Center

Age: 14yrs and up. For ages 14 and up, come out and enjoy some 2 hand touch 5 on 5 football. So let's play hard and play to win. Hut, hut, hut. Fee \$50 per team. Class Fee: \$50

#36880 May 20-Jun 10 F 6:30-8:30pm

Adult**Basketball – Adult Basketball**

Location: Carolina Pines Community Center

Age: 18yrs and up. Don't be scared! Bring it on! Don't hate, participate in an adult basketball league. Games will be played on Tuesdays and Thursdays. Coaches call Carolina Pines for more information 831-6435. Class Fee: \$35

#33493 Jun 2-Aug 9 T,Th 7:00-9:30pm

Basketball – Adult Summer League

Location: Jaycee Community Center

Age: All Ages. Leagues B & C only. No A league teams permitted. Get your team together and spend the summer playing some competitive basketball. Registration dates are April 15-29, 2005 at Jaycee Community Center. Games will be on Monday/Wednesday or Tuesday/Thursday. League play begins mid-June and runs thru mid-August. Team registration only. Class Fee: \$400

#33508 Jun 14-Sep 1 T,Th 7:00-10:00pm

Basketball – Over 30 3-on-3 League

Location: Green Road Community Center

Age: 30yrs and up. Over 30 3-on-3 basketball registration for the fall season will be held August 1-10. League play will be on Tuesday or Thursday evenings in September and October. Team registration fee will be \$60. An additional \$12 per each non-city resident on the team is required. Class Fee: \$60

#36230

Basketball Nothing But Heart

Location: Roberts Park Community Center

Age: 16yrs and up. Outdoor basketball league for adults. Take it back to the old school and and box out on the blacktop. Come out and show case your skills under

the stars and show the world your skills.
 Fee \$250. Class Fee: \$250
 #36632 May 24-Jun 16 T,Th 7:00-10:00pm

Sand Volleyball (Fall) at Jaycee

Location: Jaycee Community Center
 Age: 18yrs and up. Registration dates:
 August 8-19 2005. Leagues: Beginner,
 Intermediate, Advanced-Doubles, 3 Person,
 4 Person. Team Registration Only. League
 will play September-October. See manager's
 sheet for details. Class Fee: \$40
 #36116 Fall Sand Volleyball 3 Person at Jaycee
 #36117 Fall Sand Volleyball 4 Person at Jaycee
 #36118 Fall Sand Volleyball 4 Person at Jaycee

Sand Volleyball – Summer League

Location: Jaycee Community Center
 Age: 18yrs and up. Try summer in the sand!
 Registration dates: April 18-29, 2005.
 Leagues: Beginner, Intermediate, Advanced.
 Team Registration Only 6-person and
 Doubles. League will play early June-August
 at Jaycee Park. See manager's sheet for
 details. Class Fee: see below
Doubles
 #33506 \$30/doubles
6 Person
 #33507 \$60/6 person

Starlight Men's Basketball League

Location: Biltmore Hills Community Center
 Age: 17yrs and up. An alternative activity for
 young adults during the summer. Starlight is
 a competitive league open for team registra-
 tion. Fee is per player. Class Fee: \$20
 #33509 Jun 13-Aug 18 M,Th 9:00pm-12:00am

Starlight Women's Basketball League

Location: Biltmore Hills Community Center
 Age: 17yrs and up. Basketball league
 designed for women that like to play com-
 petitive basketball. Class Fee: \$20
 #33510 Jun 13-Aug 18 M,Th 6:00-9:00pm

Volleyball Open – Play

Location: Halifax Community Center
 Age: 17-55yrs. This is for those people
 who enjoy playing volleyball with others in
 a competitive atmosphere. Class Fee: \$0
 #36235 Jun 17-Aug 29 M,F 7:00-9:45pm

Senior

Fun Golfers

Location: Wade Ave. Administrative Office Bldg.
 Age: 55yrs and up. Senior Adult League for
 men and women. League features monthly
 tournaments, special outings and more. Play
 is held at Wil-Mar Golf Club, off US #64
 East. Fee covers membership for one year.
 League play April-November. To register for
 this program you will need to contact Steve
 White at 831-6851. Class Fee: \$40
 #37398 Apr 5-Jul 26 T 9:00am-1:30pm

Adult Athletics

For more information on these
 programs, please call the Athletics
 office, 831-6836.

Outdoor Sand/Grass Volleyball Tournament

The Athletic Division will be hosting
 an Outdoor Sand and Grass
 Volleyball Tournament on Saturday,
 June 11 and Sunday June 12th. All
 levels and classifications are
 encouraged to register. The tourna-
 ment will be held at the Jaycee
 Sand Volleyball Courts at 2401
 Wade Avenue. Jackie Twisdale will
 be the tournament director. For fur-
 ther information contact Jackie at
 831-6836. Registration will be held
 until June 12 at 2401 Wade
 Avenue from 8:30am-6pm.

Adult Fall Slow Pitch Softball

The Athletic Division will be holding
 registration for Fall Softball from
 Monday-Thursday, July 25-28.
 Registration will be taken for Men's
 and Women's Open Leagues,
 Closed, Church and Coed.
 Registration will be held from
 8:30am-6pm at 2401 Wade
 Avenue. Cost is \$385 per team with
 a non-City Resident fee of \$24 per
 player. Each team will have a 12
 game regular season. The tourna-
 ment entry fee will be \$50 per
 team.

Women's Fast Pitch Softball

The Athletic Division will hold regis-
 tration for Women's Fast Pitch
 Softball August 8-11 8:30am-
 6:00pm. Registration is \$300 per
 team or \$25 per player. Teams will
 play an 8-10 game season plus a
 City tournament. In an effort to
 increase participation in the
 women's fast pitch program, we
 encourage any female that would
 like to play but does not have a
 team to contact our office and we
 will work with you to get you on a
 team.

Adult Team Dodgeball Registration

The Athletic Division will be holding
 registration for Adult team
 Dodgeball from Monday-Friday,
 August 8-19. Registration cost is
 \$75 per team. Registration will be
 held from 8:30am-6:00pm at
 2401 Wade Avenue. Games will
 begin in September.

Educational Programs

Preschool

Cooking – Cookie Monsters

Location: Anderson Point
 Age: 6-8yrs. A cooking class for youth.
 Learn how to bake cookies from scratch.
 A new recipe each week. Class Fee: \$35
 #36443 Jun 2-23 Th 5:45-6:30pm
 #36444 Jun 30-Jul 21 Th 5:45-6:30pm

Dance – Twirling Ribbons

Location: Lake Lynn Community Center
 Age: 3-9yrs. They love it! Colorful ribbon
 movements creating hoops, loops, figures,
 floats, swirls, and trains. Fun dance steps
 that are short, easy to follow and beautiful
 to see! Class Fee: \$40
 #36040 May 4-25 W 2:00-2:45pm

Drama – Fairytale Theatre

Location: Lake Lynn Community Center
 Age: 4-5yrs. This class is designed specifical-
 ly for young students who would like to get a
 taste of theatre. Act out characters from stories
 through dramatic skits. Feel free to bring story
 book character costumes! Class Fee: \$32
 #36044 May 5-26 Th 4:15-5:00pm

Pre-School Playtime

Location: Powell Drive Park
 Age: 3-5yrs. Light Exercises, games, stories
 and crafts will be fun and educational. Bring
 a snack and something to share. Mothers'
 participation required. Class Fee: \$45
 #36729 Jun 6-Jul 27 M, W 10:00-11:30am

Youth

American Red Cross Babysitter's Training

Location: Laurel Hills Community Center
 Age: 11-15yrs. Participants will gain knowl-
 edge, skills, and confidence to care for
 infants through school aged children. Safety
 issues, injury and illness prevention, basic
 child care, first aid, decision making skills,
 and age appropriate behavior and play are
 discussed. Instruction by American Red
 Cross. Class Fee: \$45
 #35988 May 21 Sa 9:00am-3:00pm
 #35989 Jun 18 Sa 9:00am-3:00pm
 #35990 Jul 23 Sa 9:00am-3:00pm
 #35991 Aug 20 Sa 9:00am-3:00pm

Babysitting Certification at Lake Johnson

Location: Lake Johnson
 Age: 11-15yrs. Designed for the babysitting
 youth, this training course can help you to
 interview for babysitting jobs, choose safe
 and age-appropriate toys, prevent injuries
 and be prepared for emergencies, perform
 first aid, learn diapering and feeding tech-
 niques. Instruction by the American Red
 Cross. Bring a bag lunch. Class Fee: \$45
 #36793 May 21 Sa 9:00am-3:00pm

Educational continued next page —

Educational continued —

Cooking – Tiny Chefs

Location: Anderson Point

Age: 6-8yrs. Come out and begin to learn the basics of cooking. Simple recipes, simple measuring, and finally—simply eating!
Class Fee: \$30

#36453 Jul 11-Aug 1 M 5:30-6:30pm

Cuentos en Espanol/Spanish Stories

Location: Peach Road

Age: 5-12yrs. ¡Vengan el segundo lunes de cada mes para escuchar cuentos en Español! Esta clase es gratis pero requiere que se registre el primer día de cada mes. Join us the second Monday of each month for stories in Spanish! This is a free class, pre-registration is required on the first day of every month. Class Fee: \$0

#36798 May 9 M 4:30-5:00pm

#36799 Jun 13 M 4:30-5:00pm

#36800 Jul 11 M 4:30-5:00pm

#36801 Aug 15 M 4:30-5:00pm

Dance – Tap & Jazz

Location: Lake Lynn Community Center

Age: 10-12yrs. Explore the exciting experience of learning dance movements, focusing on tap and jazz, incorporated into sequences for composition and seasonal dance routines. Innovative rhythmic steps with music. Builds confidence, self-esteem, coordination and body control. Class Fee: \$40

#36035 May 12-Jun 2 Th 5:45-6:30pm

Dead Presidents Collected

Location: Roberts Park Community Center

Age: 10yrs and up. A class designed to help youngsters learn about money. Learn how to earn, save, budget and invest. Its never too soon to save a \$1. Class Fee: \$0

#36693 Jun 20 M 6:00-7:00pm

#36694 Jul 18 M 7:00-8:30pm

Freedom Shrine

Location: Millbrook Exchange Community Ctr

Age: All Ages. Come out and visit this monument. The Freedom Shrine is a collection of original historic American documents photographically reproduced for display. The purpose of the shrine is to encourage citizens of our Nation to gain a deeper understanding of the events that took place in the building of America. The building will be closed May 30th and July 4th. Class Fee: \$0

#35186 May 1-Sep 1 Daily 1:00-6:00pm

Kids Can Cook Too

Location: Worthdale Community Center

Age: 6-11yrs. Kids come learn kitchen safety and how to prepare easy healthy snacks.
Class Fee: \$5

#36738 May 5 Th 5:00-6:00pm

#36739 May 12 Th 5:00-6:00pm

#36740 May 19 Th 5:00-6:00pm

#36741 May 26 Th 5:00-6:00pm

#36742 Jun 2 Th 5:00-6:00pm

#36743 Jun 9 Th 5:00-6:00pm

#36744 Jun 16 Th 5:00-6:00pm

#36745 Jun 23 Th 5:00-6:00pm

#36746 Jun 30 Th 5:00-6:00pm

#36747 Jul 7 Th 5:00-6:00pm

#36748 Jul 14 Th 5:00-6:00pm

#36749 Jul 21 Th 5:00-6:00pm

#36750 Jul 28 Th 5:00-6:00pm

#36751 Aug 4 Th 5:00-6:00pm

Kinder Dance Design

Location: Lions Park Community Center

Age: 4-5yrs. A style of dance that is done with creative movement and an introduction to ballet and tap. It also helps the body develop poise and posture. Class Fee: \$35

#36320 May 7-Jun 4 Sa 10:00am-11:00pm

#36321 Jun 4-Jul 2 Sa 10:00am-11:00pm

#36322 Jul 2-30 Sa 10:00am-11:00pm

#36323 Aug 6-Sep 3 Sa 10:00am-11:00pm

#36324 Sep 3-Oct 1 Sa 10:00am-11:00pm

Reading Class

Location: Ralph Campbell Community Center

Age: 8-12yrs. Extra help with reading and comprehension. Help with the end of grade testing in Math and Reading. Class Fee: \$0

#36888 Jun 21-Sep 1 Tu, Th 6:00-7:30pm

Reel Facts: Beginning Fishing

Age: 5-9yrs. Children will receive beginner's instruction on casting, fishing techniques, and safety tips. Class Fee: \$5

Lake Johnson

#36782 May 14 Sa 9:00-10:30am

Shelley Lake

#36783 Aug 27 Sa 9:00-10:30am

Sign Fun

Location: Laurel Hills Community Center

Age: 7-11yrs. Beginner sign language class designed especially for kids. Learn the basic vocabulary through practice, stories, videos, and games. A fun, new way to learn a new language and culture while making new friends. Class Fee: \$36

#36397 Aug 1-22 M 4:00-4:45pm

Teen Club at Lions

Location: Lions Park Community Center

Age: 13-16yrs. Join the Teen Club for an evening of fun, food, fellowship and educational activities. The program will include topics on self respect, self esteem, healthy teens and good study habits. Also other activities such as guest speakers, group discussions and field trips. Class Fee: \$0

#36343 May 6-27 F 6:30-7:30pm

#36344 Jun 3-24 F 6:30-7:30pm

#36345 Jul 1-22 F 6:30-7:30pm

#36346 Aug 12-Sep 2 F 6:30-7:30pm

#36347 Sep 2-23 F 6:30-7:30pm

Youth Fun Golf

Location: Lions Park Community Center

Age: 4-6yrs. This class will teach the youth very basics of golf. How to grip or hold a club, swing club, along with all other proper techniques associated with golf. Usage of a fun golf set is included. Supply fee \$15.

Class Fee: \$15

#36325 Jun 4-25 Sa 12:00-1:00pm

#36326 Aug 6-27 Sa 12:00-1:00pm

Teen**Babysitter's Training with the A.R.C.**

Location: Green Road Community Center

Age: 11yrs and up. Babysitter's training is designed to give young people the knowledge, skills and confidence to care for infants through school-aged children. Safety issues, preventing injuries and illnesses, basic childcare, first aid, decision making skills and age appropriate behavior and play are discussed as well. Class Fee: \$45

#36231 Jun 4 Sa 9:00am-3:00pm

#36232 Aug 27 Sa 9:00am-3:00pm

Computer Club

Location: Tarboro Road Community Center

Age: 7yrs and up. Learn how to build web pages and web sites. A very exciting club. Class Fee: \$0

#37034 May 5-26 Th 7:00-8:00pm

#37035 Jun 2-30 Th 7:00-8:00pm

#37036 Jul 7-28 Th 7:00-8:00pm

#37037 Aug 4-25 Th 7:00-8:00pm

Adult**Be a Consultant in Your Field**

Location: Carolina Pines Community Center

Age: 18yrs and up. There are millions of full time consultants and about four times as many part time consultants. If you have knowledge in any field that others may be willing to pay for, consulting is a great way to increase your income. This power packed seminar will cover consulting from A to Z and will give you enough information about the world of consulting to allow you to make a decision on whether or not consulting is right for you. Basic people and communication skills will be covered as well because they are key elements in the consulting business. Must pre register 2 days in advance. Class Fee:

#36723 May 23 M 6:30-9:30pm

#36724 Jul 18 M 6:30-9:30pm

Become a Consultant in Your Field

Location: Green Road Community Center

Age: 18yrs and up. There are millions of full time consultants and about four times as many part time consultants. If you have knowledge in any field that others may be willing to pay for, consulting is a great way to increase your income. This power packed seminar will cover consulting from A to Z and will give you enough information about the world of consulting to allow you to make a decision on whether or not consulting is right for you. Basic people and communication skills will be covered because they are key elements in the consulting business. Class Fee: \$49

#36703 Jun 15 W 6:30-9:30pm

#36704 Aug 9 T 6:30-9:30pm

Citizen's Advisory Council – Wade CAC

Location: Wade Ave. Administrative Office Bldg.

Age: 18yrs and up. Be an active member of your community. Come find out the latest

news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 4th Tuesday of every other month at Jaycee Park. No registration necessary. Class Fee: \$0

#36130	May 24	T	7:00-9:00pm
#36131	Jul 26	T	7:00-9:00pm

Citizen's Advisory Council – Glenwood CAC

Location: Glen Eden Park

Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 4th Monday of every other month at Glen Eden Center, 1500 Glen Eden Drive.

No registration necessary. Class Fee: \$0

#36132	May 23	M	7:00-9:00pm
#36133	Jul 25	M	7:00-9:00pm

Citizen's Advisory Council – 5 Points CAC

Location: Fletcher Park

Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 2nd Wednesday of every month in the Garriss building at Fletcher Park. No registration necessary. Class Fee: \$0

#36134	May 11	W	7:00-9:00pm
#36135	Jun 8	W	7:00-9:00pm
#36136	Jul 13	W	7:00-9:00pm
#36137	Aug 10	W	7:00-9:00pm

Computer – Easy Online Web Design

Location: Carolina Pines Community Center

Age: 18yrs and up. By the end of this powerful 3-hour seminar, you WILL know how to design your own professional, yet affordable, website in minutes (Guaranteed!), set up e-commerce (paying online) at NO COST, register your domain name, market your site and much, much more. You'll leave with the ability to either start your own web based

business, the ability to get your current business online or the ability to put a family site together with a photo album and more: It's up to you. It's so easy to make money online and it's so easy and affordable to have your own website. You'll be amazed. This program is straightforward—no nonsense with no software to buy or download. You will not hear a bunch of technical jargon: HTML, etc. You'll be amazed at how easy it is to get up and running! Must pre register 2 days in advance. Class Fee: \$49

#36709	May 12	Th	6:30-9:30pm
#36710	Jul 21	Th	6:30-9:30pm

Conquer the FEAR of Public Speaking

Location: Carolina Pines Community Center

Age: 18yrs and up. Some people rank the fear of Public Speaking higher than the fear of death. Chances are that it is one of your top 3 fears. This one night workshop will change the way you see public speaking and give you more confidence to speak in front of others. It's a fun and encouraging workshop taught by someone who speaks for a living. Don't be afraid to sign up! Take a deep breath and register TODAY! Must pre register 2 days in advance. Class Fee: \$49

#36725	May 16	M	6:30-9:30pm
#36727	Aug 1	M	6:30-9:30pm

Credit and Debt Management

Location: Green Road Community Center

Age: 18yrs and up. Have credit cards and debt in general got you down? Attend this educational seminar and change your view of this often distressing situation. Getting out of debt, saving money, planning for the future, using cash vs. plastic, credit counseling, bankruptcy and recovering from hitting rock bottom are just a few of the many topics that will be discussed. Class Fee: \$49

#36833	Jun 7	T	6:30-9:30pm
#36834	Aug 25	Th	6:30-9:30pm

Debt in America

Location: Carolina Pines Community Center

Age: 18yrs and up. Has credit cards and

debt in general got you down? Well, you can attend this educational seminar and change your view of this often distressing situation. Getting out of debt, saving money, planning for the future, using cash vs. plastic, credit counseling, bankruptcy and recovering from hitting rock bottom are just a few of the many topics that will be discussed during this 3 hour seminar. Must pre-register two days in advance. Class Fee: \$49

#36721	May 19	Th	6:30-9:30pm
#36753	Aug 2	T	6:30-9:30pm

Dog Obedience – Puppy Beginnings

Location: Glen Eden Park

Age: 18yrs & up. Get off to a great start with your puppy! For puppies who are 4.5 months or less. Benefits include come when called, socialization, learning obedience, and prevention of common problems such as jumping, mouthing, chewing, food/toy possession, etc. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class. Questionnaires can be obtained by contacting Sylvie Pleasant at 779-3813 or K9solutions@nc.rr.com. Class Fee: \$45

#36695	May 2-23	M	7:00-8:00pm
#36696	May 25-Jun 15	W	7:00-8:00pm
#36699	Jun 20-Jul 18	M	7:00-8:00pm
#36700	Jul 20-Aug 10	W	6:00-7:00pm
#36701	Aug 22-Sep 19	M	7:00-8:00pm

Dog Obedience – Advanced Manners/AKC CGC

Location: Glen Eden Park

Age: 18yrs and up. Prerequisite: Basic Manners or equivalent. We will work on practicing polite manners around increasing distractions as well as earning the AKC Canine Good Citizen (CGC) title, a certification program that rewards all dogs with good manners at home and in public. The last class will be the AKC CGC test. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class.

Questionnaires can be obtained by contacting Sylvie Pleasant at 779-3813 or K9solutions@nc.rr.com. Class Fee: \$95

#36662	Jun 1-Jul 6	W	6:00-7:00pm
#36663	Jul 27-Aug 31	W	8:00-9:00pm
#36681	Aug 29-Oct 10	M	6:00-7:00pm

Dog Obedience – Basic Manners for K-9s

Location: Glen Eden Park

Age: 18yrs and up. Benefits are a well-mannered dog at home and in public. Teach your dog self-control (no more jumping on guests, door lunging, etc.!) as well as basic commands such as sit, down, stay, come, walk on a loose leash, off, and how to incorporate them in your busy daily life. Maximize your leadership skills so your dog will take your requests seriously. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class.

Questionnaires can be obtained by contact-

Basic Manners for K-9s continued next page —



Basic Manners for K-9s continued —

ing Sylvie Pleasant at 779-3813 or K9solutions@nc.rr.com. Class Fee: \$120

#36665	May 2-Jun 20	M	6:00-7:00pm
#36666	May 25-Jul 6	W	8:00-9:00pm
#36667	Jun 20-Aug 1	M	8:00-9:00pm
#36668	Jul 20-Aug 31	W	7:00-8:00pm
#36669	Aug 22-Oct 10	M	8:00-9:00pm
#36670	Aug 25-Oct 6	Th	3:00-4:00pm

**Dog Obedience –
Small Dog Basic Manners**

Location: Glen Eden Park

Age: All Ages. Show the big boys that your small dog is just as smart! For the toy breeds and mixes who are 15 lbs. or less. Benefits are a well-mannered dog at home and in public. Teach your dog self-control (no more excessive barking, door lunging, etc.!) as well as basic commands such as sit, down, stay, come, off, and how to incorporate them in your busy daily life. Maximize your leadership skills so your dog will take your requests seriously. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class. Questionnaires can be obtained by contacting Sylvie Pleasant at 779-3813 or K9solutions@nc.rr.com. Class Fee: \$120

#36676	Jun 20-Aug 5	M, F	6:00-7:00pm
#36677	Aug 25-Oct 6	Th	2:00-3:00pm

Easy Online Web Design

Location: Green Road Community Center

Age: 18yrs and up. Web design for the novice. By the end of this seminar, you will know how to design your own professional, yet affordable, website in minutes, set up e-commerce (paying online) at no cost, register your domain name, market your site and much, much more. You'll leave with the ability to either start your own web based business, the ability to get your current business online or the ability to put a family site together with a photo album and more. This program is straightforward—no nonsense with no software to buy or download. You will not hear a bunch of technical jargon: HTML, etc. You'll be amazed at how easy it is to get up and running! David Williams instructs. Class Fee: \$49

#36656	Jun 28	T	6:30-9:30pm
#36657	Aug 1	M	6:30-9:30pm

English as a Second Language – Peach

Location: Peach Road

Age: 18yrs and up. These classes are offered for beginner and intermediate levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Class Fee: \$0

#36609	May 2-Jun 8	M, W	7:00-8:00pm
#36610	Jun 13-Jul 20	M, W	7:00-8:00pm
#36612	Jul 25-Aug 31	M, W	7:00-8:00pm

Fishing For Moms

Location: Shelley Lake

Age: 18yrs and up. This course will instruct Moms on casting, knots, fishing techniques, safety tips, and how to bait a hook using live bait or other alternatives. Class Fee: \$10

#36702	May 21	Sa	9:00-10:30am
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Friday Morning Book Club

Location: Worthdale Community Center

Age: 18yrs and up. If reading is one of your great passions, then come to Worthdale and read about today's latest novels. Class Fee: \$0

#36546	May 6	F	11:00am-1:00pm
#36547	May 13	F	11:00am-1:00pm
#36548	May 20	F	11:00am-1:00pm
#36549	May 27	F	11:00am-1:00pm

Green Thumb Gardening Club

Location: Tarboro Road Community Center

Age: 14yrs and up. Interested in learning the basics of growing and nurturing plants and vegetables, then the Green Thumb Gardening Club is just what you need. Participants will learn basic techniques for nurturing your plants and vegetables to full growth potential. Class Fee: \$1

#37070	May 4-25	W	11:00am-1:00pm
#37072	Jun 1-29	W	11:00am-1:00pm
#37074	Jul 6-27	W	11:00am-1:00pm
#37076	Aug 3-31	W	11:00am-1:00pm

Health Awareness Club

Location: Tarboro Road Community Center

Age: 18yrs and up. Come join a proactive club that will be discussing Health and Fitness related issues. We will have a new and exciting speaker each month. Class Fee: \$2

#37090	May 5	Th	11:00am-12:30pm
#37104	Jun 2	Th	11:00am-12:30pm
#37115	Jul 7	Th	11:00am-12:30pm
#37122	Aug 4	Th	11:00am-12:30pm

Homeschooling: Is It For You?

Location: Green Road Community Center

Age: 18yrs and up. Have you ever thought about homeschooling? Do you want to know what it's really like? Sign up now and join professional speaker David Williams and his wife as they discuss homeschooling from real life experience and how their children excelled in the public school system after being homeschooled for just one year. You'll learn where to find resources, how to maintain social activities, be able to ask questions, and much more. Class Fee: \$49

#36837	Jun 9	Th	6:30-9:30pm
#36838	Aug 31	W	6:30-9:30pm

Homeschooling: Is it for You?

Location: Carolina Pines Community Center

Age: 18yrs and up. Have you ever thought about homeschooling? Do you want to know what it's really like? Sign up now and join Professional Speaker David Williams and his wife Brenda as they talk all about homeschooling from real life experience and how their two daughters aced the public school system and became straight 'A' students after being homeschooled for just one year. You'll learn where to find resources, how to maintain social activities, be able to ask

questions and much more. Must pre register two days in advance. Class Fee: \$49

#36734	May 9	M	6:30-9:30pm
#36735	Jul 25	M	6:30-9:30pm

Italian – Conversational – Level One

Location: Jaycee Community Center

Age: 18yrs & up. Begin or improve your conversational skills in Italian! Emphasis will be on sentence construction, intonation and listening comprehension, with the help of selective instructional materials. This class gives you a fun overview of the language structures, particularly in its usage in contemporary Italy. You will be delighted in pursuing 'arte della conversazione'. No previous knowledge of Italian necessary. Taught by Salah Mohammed from the Italian Language Institute and instructor of Italian at Wake Technical College. Students must purchase before the first class the Text: Ultimate Italian-Basic/Intermediate by Lettieri & Bancheri, which is available at Borders or Barnes & Noble Bookstores. Class Fee: \$80

#36159	May 3-Jun 7	T	6:30-9:00pm
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Knitting for Beginners

Location: Laurel Hills Community Center

Age: 16yrs and up. Designed especially for the beginning knitter. Learn basic stitches such as knitting and purling, as well as casting on and binding off. Create a beautiful scarf to wear or give as a great gift. Supply fee \$10. Class Fee: \$36

#36166	Aug 9-30	T	7:00-8:00pm
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Language – English as a Second Language

Age: 18yrs and up. These classes are offered for beginner and intermediate levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Class Fee: \$0

Location: Green Road Community Center

#37339	May 4-Jun 8	W	6:30-8:00pm
#37340	Jun 15-Jul 20	W	6:30-8:00pm

Location: Peach Road

#37341	May 2-Jun 8	M, W	7:00-8:00pm
#37342	Jun 13-Jul 20	M, W	7:00-8:00pm
#37343	Jul 25-Aug 31	M, W	7:00-8:00pm

Mirrors

Location: Roberts Park Community Center

Age: 18yrs and up. This class is designed to help parents communicate more effectively with their children and deal with the growing pains of puberty. This class will help parents deal what it sometimes called 'Parent Abuse'. Class Fee: \$0

#36817	May 9	M	7:00-8:00pm
#36818	Jun 13	M	7:00-8:00pm
#36819	Jul 11	M	7:00-8:00pm
#36820	Aug 8	M	10:00am-1:00pm

**North Raleigh
Citizens Advisory Council**

Location: Millbrook Exchange Community Ctr

Age: 18yrs and up. Be an active member of your community. Come to find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews

and discussions. Meeting are the first

Thursday of every month. Class Fee: \$0

#35195	May 5	Th	7:30-10:00pm
#35196	Jun 2	Th	7:30-10:00pm
#35197	Jul 7	Th	7:30-10:00pm
#35198	Aug 4	Th	7:30-10:00pm

Northeast Citizens Advisory Council

Location: Brentwood Park

Age: 18yrs and up. Come find out the latest neighborhood happenings and issues. Have a voice in what's going on in your community. Meetings are held at Brentwood Community Center the second Thursday of every month.

#36259	May 12	Th	7:00-9:30pm
#36260	Jun 16	Th	7:00-9:30pm
#36261	Jul 14	Th	7:00-9:30pm
#36262	Aug 11	Th	7:00-9:30pm

Peak Performance Workshop

Location: Green Road Community Center

Age: 18yrs and up. This motivational, life changing, workshop focuses on achieving of 'Peak Performance' right now: TODAY! You will learn the importance of taking action right now, how your association to pain and pleasure control each decision you make, how to change neuro associations, how your mind is like a juke box and much more. After attending this powerful 3 hour workshop, you WILL change the way you approach each task in your daily life whether personal, professional or both. It is not uncommon to pay several hundred dollars to attend a workshop of this kind. Thomas Jefferson said: 'Nothing on earth can help the man with the wrong mental attitude.' If you are achieving 'Peak Performance,' take ACTION and register today! You will never regret it! Class Fee: \$49

#36689	Jun 2	Th	6:30-9:30pm
#36690	Aug 3	W	6:30-9:30pm

Public Speaking – Conquer Your Fear!

Location: Green Road Community Center

Age: 18yrs and up. Some people rank the fear of public speaking higher than the fear of death! Chances are it is one of your top 3 fears—this one night workshop will change the way you see public speaking and give you more confidence to speak in front of others. Don't be afraid—take a deep breath and sign up! Class Fee: \$49

#36835	Jun 16	Th	6:30-9:30pm
#36836	Aug 23	T	6:30-9:30pm

Pursue Your Dreams

Location: Carolina Pines Community Center

Age: 18yrs and up. Are you working to live or living to work? Is your life consumed by things that you really don't care to be doing? Watch out for the 'Domino Effect.' Life's too short... Shape your destiny, live your dreams and do what you love. In this workshop, you'll learn how to do just that. You'll also hear how the speaker, David Williams, walked away from an almost six figure annual income with a bright future to do what he loves doing. Get rid of the stress... 'Pursue Your Dreams.' Must pre register two days in advance. Class Fee: \$49

#36736	May 18	W	6:30-9:30pm
#36737	Jul 20	W	6:30-9:30pm

Pursue Your Dreams!

Location: Green Road Community Center

Age: 18yrs and up. Are you working to live or living to work? Is your life consumed by things that you really don't care to be doing? Watch out for the 'Domino Effect.' Life's too short...shape your destiny, live your dreams and do what you love. In this workshop, you'll learn how to do just that from someone who walked away from a job to do what he loves! Class Fee: \$49

#36839	Jun 13	M	6:30-9:30pm
#36840	Aug 15	M	6:30-9:30pm

Raleigh Stamp Club

Location: Jaycee Community Center

Age: 18yrs and up. Come learn about stamps! Let's talk about our collections. We meet the first Monday of each month except for holidays. Class Fee: Membership dues are 75¢/person/meeting.

#36112	May 2	M	7:30-9:00pm
#36113	Jun 6	M	7:30-9:00pm
#36114	Jul 11	M	7:30-9:00pm
#36115	Aug 1	M	7:30-9:00pm

Raleigh-Durham Caged Bird Society

Location: Glen Eden Park

Age: 18yrs & up. The Raleigh-Durham Caged Bird Society serves to educate the public on the care of caged birds, to address avicultural concerns, and to encourage the conservation of avian species. The society meets the 3rd Sunday of each month at Glen Eden Pilot Park-1500 Glen Eden Dr. No registration necessary. Class Fee: Membership dues are 75¢/person/meeting.

#36138	May 15	Su	1:00-5:00pm
#36139	Jun 19	Su	1:00-5:00pm
#36140	Jul 17	Su	1:00-5:00pm
#36141	Aug 21	Su	1:00-5:00pm

Self Help – Peak Performance Workshop

Location: Carolina Pines Community Center

Age: 18yrs and up. This motivational, life changing, workshop focuses on achieving of 'Peak Performance' Right Now...TODAY! You'll learn the importance of taking action right now, how your association to pain and pleasure control each decision you make, how to change neuro associations, how your mind is like a juke box and much more. After attending this powerful 3-hour workshop, you WILL change the way you approach each task in your daily life whether personal, professional or both. Must pre register 2 days in advance. Class Fee: \$49

#36754	May 5	Th	6:30-9:30pm
#36755	Jul 7	Th	6:30-9:30pm

Sign Language Beginners

Location: Laurel Hills Community Center

Age: 16yrs and up. Introduction to American Sign Language (ASL). Class includes introduction to ASL, it's culture, along with basic sign vocabulary. Involves actual 'hands on' practice. An excellent educational experience into the life and culture of people with hearing disabilities. Class Fee: \$40

#36403	May 2-23	M	7:15-8:30pm
#36404	Jun 6-27	M	7:15-8:30pm
#36405	Aug 8-29	M	7:15-8:30pm

Teens to Adulthood

Location: Millbrook Exchange Community Ctr

Age: All Ages. As your child with disabilities becomes a teenager and then a young adult, a new set of issues begins to emerge in every area of development and lifestyle, including social, emotional, safety issues, recreational, financial, housing, vocational and advocacy concerns. Are you ready to take the 'Next Step' with your child? Join

Teens to Adulthood continued next page —



Teens to Adulthood continued —

other parents/caregivers every second Saturday of the month for morning conversations with public and private sector disability professionals and, more importantly, other people like yourself. We'll have focused conversations on topics related to transition into adulthood as, together, we take the 'Next Step' in our children's lives as they become adults with disabilities. For more info, please contact Kathy Honeyman at honeymank@earthlink.net. Class Fee: \$0
#35191 May 14 Sa 9:30-11:00am

Women's Forum

Location: Walnut Terrace Community Center
Age: 18yrs and up. The opportunity to discuss issues that matter to you will be the focus of this program. Issues will include: fitness, nutrition, parental responsibilities, money management and more. No childcare is provided. Class Fee: \$0
#36521 May 5-Aug 25 Th 7:00-8:30pm
#36522 May 3-Aug 23 T 7:00-8:30pm

Family**Boating Safely Courses**

Location: Lake Wheeler
Age: 12yrs and up. Covers basic boating skills, needed safety equipment, and boat-handling procedures—along with Federal and State boating regulations. This course is designed for both boat and PWC users. Newly established NC State boating regulations concerning personal watercraft operators between the ages of 12-16 require the successful completion of this type of course. Completed course will qualify students for Boaters Insurance Discount Programs through various insurance agencies. Class Fee: \$30
#37349 May 7 Sa 8:00am-4:00pm
#37350 Jun 4 Sa 8:00am-4:00pm

Fishing for Dummies 101

Location: Lake Wheeler
Age: 10yrs and up. The purpose of this one-day course is to introduce the novice to the joys of fishing. Not having any experience is not a barrier; curious children, single parents, or those just wanting to learn are welcome to learn from the ground up. Topics covered will include a little biology, tackle, bait, and rigging ranging from simple cane pole, hook-and-bobber outfits to more sophisticated spinning, spin-casting, bait casting and fly-fishing outfits. The instructor will focus on the most common local species such as sunfish, bass, and catfish. We will cover live bait, cut bait and artificial lures. The class will be an informal venue that will encourage questions at any point and will feature hands-on and lakeside instruction on both casting and lure presentation. At the end of the day students should feel comfortable fishing any typical body of water and be confident that they will be able to catch fish. Class Fee: \$40
#37351 Jun 18 Sa 9:00am-2:00pm

Fly Fishing School

Location: Lake Wheeler
Age: 12yrs and up. Conducted by the Great Outdoor Provision Company. Well known throughout North Carolina, this course covers casting, knots, fly selection, tactics for trout, along with strategies for warm water and saltwater fish in great detail. The instructors fish extensively throughout North Carolina and will be providing highly accurate local information. Rank beginners can expect to gain the knowledge and skills necessary to successfully fly fish on their own. Tuition covers lunch, all learning loaner equipment, and a detailed Orvis Fly Fishing textbook. Class Fee: \$135
#36516 May 15 Su 9:00am-5:00pm
#36517 Jun 26 Su 9:00am-5:00pm

May Day Festival

Location: Ralph Campbell Community Center
Age: 1-99yrs. This is a day of fun food music and games, for the whole family. Class Fee: \$0
#36887 May 21 Sa 10:00am-3:00pm

Sailing aboard a 23' Sloop Introduction

Location: Lake Wheeler
Age: 14-90yrs. This 3-hour course is designed for individuals with little to no sailing experience, but who desire to explore the exciting recreational opportunities provided by sailing. Students are familiarized with basic sailing principles, points of sail, sailing vessel operation and components, the importance of safety, and basic vessel operation aboard a 23' sloop. All instruction will be provided on the water and at dockside. Class Fee: \$80
#37364 May 21 Sa 9:00am-12:00pm
#37365 May 21 Sa 1:00-4:00pm
#37366 May 22 Su 9:00am-12:00pm

#37367	May 22	Su	1:00-4:00pm
#37368	Jun 18	Sa	9:00am-12:00pm
#37369	Jun 18	Sa	1:00-4:00pm
#37370	Jun 19	Su	9:00am-12:00pm
#37371	Jun 19	Su	1:00-4:00pm
#37356	Jul 16	Sa	9:00am-12:00pm
#37357	Jul 16	Sa	1:00-4:00pm
#37358	Jul 17	Su	9:00am-12:00pm
#37359	Jul 17	Su	1:00-4:00pm
#37360	Aug 20	Sa	9:00am-12:00pm
#37361	Aug 20	Sa	1:00-4:00pm
#37362	Aug 21	Su	9:00am-12:00pm
#37363	Aug 21	Su	1:00-4:00pm

Sunset Sailboat Cruises

Location: Lake Wheeler
Age: 2-90yrs. Spend a few hours relaxing on the open waters of Lake Wheeler, being introduced to some basic sailing fundamentals, observing wildlife, and learning about the history of the lake. Conducted aboard a 23' Sailing Sloop, these cruises will be held to 2 hours each (approximate). Bagged dinners/snacks are encouraged as these two-hour tours will be confined between 3-8pm (depending on month). Class Fee: \$25
#37372 May 21 Sa 6:00-8:00pm
#37373 May 22 Su 6:00-8:00pm
#37374 Jun 18 Sa 6:30-8:30pm
#37375 Jun 19 Su 6:30-8:30pm
#37376 Jul 16 Sa 6:30-8:30pm
#37377 Jul 17 Su 6:30-8:30pm
#37378 Aug 20 Sa 6:00-8:00pm
#37379 Aug 21 Su 6:00-8:00pm

Voice Lesson I

Location: Lake Johnson
Age: 16yrs and up. Focus will be on Basics of posture, breathing, tone quality, diction, and voice care. Class is taught by James Longmire. James received his doctorate of Musical Arts in 1998 from the University of South Carolina. He has instructed voice lessons since 1981. He is also a frequent



soloist with both the North Carolina Symphony and the Raleigh Oratorio Society.
Class Fee: \$100

#36707	May 4-Jun 8	W	3:00-4:00pm
#36708	Jun 15-Jul 20	W	3:00-4:00pm
#36711	Jul 27-Aug 31	W	3:00-4:00pm

Voice Lesson II

Location: Lake Johnson

Age: 16yrs and up. Continuation of posture, breathing, tone quality, diction, and voice control from Voice Lesson I; emphasis will be on vocal technique, interpretation, and artistic singing. Class is taught by James Longmire. Class Fee: \$100

#36712	May 4-Jun 8	W	4:00-5:00pm
#36713	Jun 15-Jul 20	W	4:00-5:00pm
#36714	Jul 27-Aug 31	W	4:00-5:00pm

Voice Lesson III

Location: Lake Johnson

Age: 16yrs and up. Continuation of posture, breathing, tone quality, diction, and voice control from Voice Lesson I and vocal technique, interpretation, and artistic singing from Voice Lesson II; emphasis will be on expression, stage presence, and career plan. Class is taught by James Longmire. Class Fee: \$100

#36715	May 4-Jun 8	W	5:00-6:00pm
#36716	Jun 15-Jul 20	W	5:00-6:00pm
#36717	Jul 27-Aug 31	W	5:00-6:00pm

Windsurfing – Introductory Lessons

Location: Lake Wheeler

Age: 12-90yrs. Come and explore the eco-friendly sport of windsurfing. Lake Wheeler has become one of the premier sites in central NC for introductory windsurfing lessons. Learn the basic principles of the sport and upon successful completion of this course, be able to effectively windsurf in a variety of environments. Each 4-hour class involves one hour of classroom instruction, one hour on a beachside simulator, and two hours in the water. Students should bring appropriate swimwear and footwear (i.e. aqua-socks, light tennis shoes, or other suitable footwear that have light canvas sides and a thin rubberized bottom). Class Fee: \$50

#37381	May 28	Sa	10:00am-2:00pm
#37382	Jun 25	Sa	10:00am-2:00pm
#37383	Jul 30	Sa	10:00am-2:00pm
#37384	Aug 27	Sa	10:00am-2:00pm

Senior

Osteoporosis Support Group

Location: Pullen Community Center

Age: 18yrs and up. Osteoporosis support group meetings are informative and interactive. Guest speakers are scheduled. Group meets the first Monday of each month. Free.

#36859	May 2-Aug 1	M	1:30-3:00pm
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Fitness

Preschool

Basketball – Tiny Hoops

Location: Lake Lynn Community Center

Age: 4-5yrs. Strengthen hand-eye coordination while developing your basketball and social skills. The class is designed to get your child familiar with basketball. Class Fee: \$30

#36004	May 3-24	T	2:15-3:00pm
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Basketball – Tiny Hoops

Location: Lake Lynn Community Center

Age: 4-5yrs. Strengthen hand-eye coordination while developing your basketball and social skills. The class is designed to get your child familiar with basketball, not to teach advanced techniques. Class Fee: \$30

#36021	May 4-25	W	11:15am-12:00pm
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Cheerleading – Little Pom Poms

Location: Lake Lynn Community Center

Age: 3-5yrs. Pom Pom routines that are very easy to follow and learn. Exciting cheer dance steps incorporating spins, swirls, stunts, calls, weaves, squats, chants, barrels and rotations will be taught. Class is designed to promote fun and fitness. Class Fee: \$30

#36047	May 2-23	M	2:00-2:45pm
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Daddy and Me Sports Zone

Location: Laurel Hills Community Center

Age: 3-5yrs. Dads, it's your morning to shine! You and your little one will grow closer as you both make new friends, have fun, and play group games that will improve hand-eye coordination, muscular skills and balance. Class Fee: \$36

#36348	May 7-28	Sa	9:30-10:15am
#36349	Jun 11-Jul 2	Sa	9:30-10:15am
#36350	Jul 16-30	Sa	9:30-10:15am

Dribble, Kick, Shoot & Swing

Location: Lake Lynn Community Center

Age: 4-5yrs. An introduction to basketball, soccer, t-ball and floor hockey for your preschoolers. Class will stress lots of movement. Hand-eye coordination and social skills will be developed. Class Fee: \$30

#36015	May 5-26	Th	11:15am-12:00pm
#36017	May 4-25	W	1:15-2:00pm

Exercise – Creative Movement

Location: Sertoma Arts Center

Age: 3-5yrs. This class is a fun and exciting way to introduce your child to dance and other creative ways of moving. With the help of fun music, we will be exploring music and rhythm while developing basic motor skills. Parents are invited to watch the last class. Parent does not attend class with child. Lene Judge instructs. Class Fee: \$44

#35378	May 10-26	T,Th	10:30-11:30am
#35379	Jun 7-23	T,Th	10:30-11:30am
#35381	Jul 5-21	T,Th	10:30-11:30am

Exercise – Tiny Tot Fitness

Location: Sertoma Arts Center

Age: 2yrs. Emphasis is on socializing with other 2 year olds through a combination of creative dance, basic gymnastics, and the use of parachutes. Parent attends with child. To ensure the one-on-one experience of the parent/child classes, the Arts Center requires that only those registered attend. Because of distraction problems, older and younger siblings may not accompany the registered child to these classes. Lene Judge instructs. Class Fee: \$34

#35373	May 10-26	T,Th	9:30-10:15am
#35374	Jun 7-23	T,Th	9:30-10:15am
#35377	Jul 5-21	T,Th	9:30-10:15am

Gymnastics – Beginning

Location: Green Road Community Center

Age: 4-5yrs. Join us as we explore creative skill techniques utilizing apparatus and movement combinations. Balance, flexibility, stamina, form, style and creative patterns are learned. Little or no experience needed. Class Fee: \$36

#36618	May 6-27	F	11:30am-12:15pm
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Gymnastics – Parent & Tot

Location: Green Road Community Center

Age: 1-3yrs. This is a parent-tot participation class. At least one parent must attend. Fun and exciting learning includes stunts, tumbling, rolls, climbs, jumps and flips. Motor skill development and spatial expression area play are emphasized. Class Fee: \$36

#36615	May 6-27	F	10:30-11:15am
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Hockey – Tiny Sticks 'n' Pucks

Location: Lake Lynn Community Center

Age: 4-5yrs. A sports program to teach the basic fundamentals of hockey. Come join us for loads of fun and burn some of that energy up! Class Fee: \$30

#36007	May 5-26	Th	1:15-2:00pm
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Preschool Gymnastics

Location: Laurel Hills Community Center

Age: 3-5yrs. This beginner gymnastics class will teach your child the basics of tumbling, jumping, rolling, and balance. Class Fee: \$36

#36190	May 7-28	Sa	11:30am-12:15pm
#36191	Jun 11-Jul 2	Sa	11:30am-12:15pm
#36192	Jul 16-30	Sa	11:30am-12:15pm

Soccer – Teeny Kicks

Location: Lake Lynn Community Center

Age: 3yrs. Develop your soccer and social skills in a fun learning environment. The class is designed to get your child familiar with soccer, not to teach advanced techniques. Class Fee: \$30

#36016	May 3-24	T	9:30-10:15am
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Sprout Sports

Location: Laurel Hills Community Center

Age: 3-5yrs. A skills development program for preschoolers that teaches a different sport each week. Some of these sports may include basketball, soccer, tennis and hockey. The class is taught in a fun, non-competitive

Sprout Sports continued next page —

Sprout Sports continued —

atmosphere. Class Fee: \$32

#36185	May 2-23	M	4:15-5:00pm
#36186	Jun 6-27	M	4:15-5:00pm
#36187	Jul 11-Aug 1	M	4:15-5:00pm
#36188	Aug 8-29	M	4:15-5:00pm

T-Ball – Teeny T's

Location: Lake Lynn Community Center
 Age: 3yrs. A recreational sports program designed to introduce your children the basic fundamentals of T-Ball. Just have fun! Class Fee: \$30

#36018	May 6-27	F	11:15am-12:00pm
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T-Ball – Tiny T's

Location: Lake Lynn Community Center
 Age: 4-5yrs. A recreational sports program designed to teach children the basic fundamentals of T-Ball. Class Fee: \$30

#36024	May 3-24	T	12:30-1:15pm
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Tot-Lot Playtime

Location: Optimist Community Center
 Age: 9-5mths. Get the kids out of the house for a little fun and socialization! The kids will get a chance to interact with others their age while they run, jump, and play. No matter what the NC weather may bring, you are always welcome inside the Optimist community center. Parents and/or providers are responsible for their children inside the gym. Class Fee: \$0

#36210	Aug 22-30	M-T	9:00am-12:00pm
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Worthdale Daycare Delight

Location: Worthdale Community Center
 Age: 3-5yrs. Preschoolers will enjoy learning a variety of sports and group games. Call for reservations. Participants must pre-register by April 30th 2004. Class Fee: \$50

#36523	May 2	M	10:00-11:00am
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Youth**Basketball – Peach Road Tournament**

Location: Peach Road
 Age: 8-14yrs. Come and out join your fellow neighbors in this friendly basketball tournament. We are going to try to have a minimum of 4 teams playing on both courts. Every team will play every week. Class Fee: \$6

#36630	Jun 7-Jul 14	T,Th	6:30-8:00pm
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Basketball – Skills and Drills

Location: Optimist Community Center
 Age: 5-6yrs. Brush up on your fundamentals of basketball with this four week tune up program. All sessions will be designed to improve individual skills and to provide opportunities for game play. Class Fee: \$35

#36858	May 3-24	T	7:00-8:00pm
#36860	Jun 2-23	Th	7:00-8:00pm
#36861	Jul 12-Aug 2	T	7:00-8:00pm
#36862	Aug 4-25	Th	7:00-8:00pm

Basketball – Teeny Hoops

Location: Lake Lynn Community Center
 Age: 3yrs. Strengthen hand-eye coordination while developing your basketball and social

skills. The class is designed to get your child familiar with basketball, not to teach advanced techniques. Class Fee: \$30

#36019	May 4-25	W	10:15-11:00am
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Body Rhythm

Location: Roberts Park Community Center
 Age: 9-16yrs. Do you like to dance? Do you have rhythm? Would you like to move your body to various hip hop beats? A great way to learn new moves, stay fit and socialize. Class Fee: \$15

#36495	Jun 6-27	M	7:00-8:00pm
#36496	Aug 8-29	M	7:00-8:00pm

Cheerleading – Pom Pom Fun

Location: Peach Road
 Age: 5-12yrs. Peach Road Community Center would like to invite children to learn, develop, and have fun being a Cheerleader! This program will teach young children the basics of cheerleading; including stunting, jumps, dance, cheer, and tumbling. Children will develop basic skills that can be applied to cheerleading, dance, and gymnastics for future endeavors. Class Fee: \$6

#36805	May 23-Jun 27	M	7:00-8:00pm
#36808	Jul 11-Aug 15	M	7:00-8:00pm
#36809	Aug 22-Oct 3	M	7:00-8:00pm

Dance I

Location: Chavis Community Center
 Age: 3-5yrs. Your stars will shine after learning tap, jazz and ballet. Participants will show the skills they have learned through performances, competitions and parades. Class Fee: \$60

#36634	May 4-25	W	5:30-6:30pm
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Dance II

Location: Chavis Community Center
 Age: 6-8yrs. Your star will shine after learning tap, jazz and ballet. Participants will show the skills they have learned through performances, competitions and parades. Class Fee: \$60

#36635	May 2-23	M	5:00-6:00pm
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Dance III

Location: Chavis Community Center
 Age: 9-11yrs. Learn tap, ballet and jazz and show the skills you have learned through performances, competitions and parades. Class Fee: \$60

#36640	May 2-23	M	6:00-7:00pm
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Dance IV

Location: Chavis Community Center
 Age: 12-14yrs. Learn tap, jazz and ballet and show the skills that you have learned through performances, competitions and parades. Class Fee: \$60

#36643	May 2-23	M	7:00-8:30pm
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Dribblers

Location: Green Road Community Center
 Age: 5-6yrs. Designed for new players as well as players with some experience, drills and scrimmages will be used to build upon and improve basketball skills. Class Fee: \$28

#36608	Jun 7-28	T	5:30-6:30pm
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Family Fun Run

Location: Laurel Hills Community Center
 Age: 1yr & up. Bring the whole family out for a morning filled with fun and exercise. Participate in a friendly, family run (approximately 1 mile) and at the finish line enjoy refreshments, prizes and more. Class Fee: \$0

#36175	May 14	Sa	10:00am-12:00pm
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Football – Flag Football Tournament

Location: Peach Road
 Age: 9-17yrs. Join us on Saturday for the Peach Road Flag Football Tournament! Every team will play three or four games depending on the number of teams that sign up. There will be a first, second, and third place teams. You need to have 4 players on your team. Class Fee: 50¢

#35386	May 7	Sa	10:00am-1:00pm
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Gymnastics – Elementary

Location: Green Road Community Center
 Age: 5-11yrs. Fun exercise! Stunts, tumbling, balance and coordination. Apparatus and floor



I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently. Ernest Hemingway

routines combined into movement patterns.
Little/no experience required. Class Fee: \$36
#36624 May 6-27 F 4:30-5:15pm

Jump Rope – Double Dutch

Location: Roberts Park Community Center
Age: 6-15yrs. Do you have eye-to-foot coordination? Put your eyes and feet to the test with two jump ropes simultaneously rotating in opposite directions. If you can jump, you can join the fun. Girls and Boys are welcome. Class Fee: \$0

#36356 May 6-27 F 5:30-7:30pm
#36363 Jun 3-24 F 5:30-7:30pm
#36364 Jul 1-29 F 5:30-7:30pm
#36365 Aug 5-26 F 5:30-7:30pm

Karate – Youth/Adult Okinawan Shorin-Ryu

Location: Lake Lynn Community Center
Age: 7yrs and up. This program will help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Class Fee: \$44

#36008 May 2-25 M,W 5:30-6:30pm
#36009 Jun 1-27 M,W 6:15-7:15pm
#36010 Jun 29-Jul 27 M,W 6:15-7:15pm
#36011 Aug 1-24 M,W 6:15-7:15pm

Karate – Youth/Adult Okinawan Shorin-Ryu

Location: Laurel Hills Community Center
Age: 7yrs and up. This program will help improve your balance, coordination, flexibility, public speaking, leadership, and self defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Class Fee: \$44

#36510 May 3-26 T,Th 6:00-7:00pm
#36511 Jun 2-28 T,Th 6:00-7:00pm
#36512 Jul 5-28 T,Th 6:00-7:00pm
#36513 Aug 2-30 T,Th 6:00-7:00pm

Karate – Youth and Adult

Location: Optimist Community Center
Age: 7yrs and up. Are you looking for a martial arts program that stresses discipline of both mind and body? Would you like to learn self defense techniques to protect yourself and your family? Let Sensai Adams teach you Shotokan Karate. Great for youth and adults or as a family activity. Class Fee: \$25
#36197 May 4-Jun 22 W 6:30-8:00pm
#36198 Jul 13-Aug 31 W 6:30-8:00pm

Karate at Tarboro Road

Location: Tarboro Road Community Center
Age: 5-15yrs. Tae Kwon Do style Defense and self discipline for beginning and Advanced students. Class Fee: \$25
#37123 May 2-25 M,W 6:30-7:30pm
#37124 Jun 1-29 M,W 6:30-7:30pm
#37126 Jul 4-27 M,W 6:30-7:30pm
#37130 Aug 1-31 M,W 6:30-7:30pm

Kinder Indoor Basketball

Location: Lions Park Community Center
Age: 4-6yrs. This class will teach youth the very basics of the game. How to handle the ball, how to shoot the ball, dribbling and passing. Instructional information will provide the youth with the minimum techniques. Class Fee: \$20
#36341 May 3-24 T 6:30-7:30pm
#36342 Jul 5-26 T 6:00-7:00pm

Kinder Tae Kwon Do

Location: Lions Park Community Center
Age: 4-6yrs. Martial arts class for youth beginners that provides introductory instruction in Tae Kwon Do. Parents are encouraged to sit in and observe. Class Fee: \$25
#36273 May 5-Jun 2 Th 6:30-7:30pm
#36274 Jun 2-23 Th 6:30-7:30pm
#36275 Jul 7-28 Th 6:30-7:30pm
#36276 Aug 4-25 Th 6:30-7:30pm
#36277 Sep 1-22 Th 6:30-7:30pm

Preschool Fitness

Location: Roberts Park Community Center
Age: 3-5yrs. This program teaches preschoolers the importance of physical fitness through games and various fun activities. Class Fee: \$15
#36505 Aug 18-Sep 22 Th 10:30am-11:30pm
#36506 Sep 29-Oct 20 Th 10:30am-11:30pm

Self Defense – Kids

Location: Optimist Community Center
Age: 4-14yrs. This self-defense course for boys and girls is designed for self-awareness and fun. Emphasis is on self-discipline rather than aggressiveness. A certified black belt will instruct various basic self-defense/ karate techniques and forms. No physical contact is allowed in beginner classes. Participants who complete the course with perfect attendance will receive a medal. Testing is available for rank promotion. Class Fee: \$65

Self Defense for New Students Age 4-14

#36211 May 16-Aug 22 M 6:00-6:45pm
Yellow Belts Only
#36212 May 16-Aug 22 M 6:45-7:30pm
Orange Belts and Above
#36213 May 16-Aug 22 M 7:30-8:15pm

Soccer – Tiny Kicks

Location: Lake Lynn Community Center
Age: 4-5yrs. Develop your soccer skills and social skills in a fun learning environment. The class is designed to get your child familiar with soccer, not to teach advanced techniques. Class Fee: \$30
#36022 May 4-25 W 2:15-3:00pm

Softball – Peach Road Tournament

Location: Peach Road
Age: 12-16yrs. Come join your friends in this relaxed softball tournament. We are going to try to have a minimum of four teams playing

on the baseball field. We will try to have every team play each night. Class Fee: \$6
#36631 Jul 19-Aug 25 T,Th 6:30-8:00pm

Sports – Basketball Skills for Beginners

Location: Lake Lynn Community Center
Age: 6-8yrs. This skills class for 7 and 8 year olds will stress fundamentals and the art of having fun. We will teach the basics of the game, building on each child's individual abilities. Class Fee: \$32
#36005 May 5-26 Th 5:00-6:00pm

Sports – Basketball Skills II

Location: Lake Lynn Community Center
Age: 9-12yrs. This skills class will help your 9-10 year old become comfortable with the basic fundamentals and the art of having fun. We will teach the basics of the game, building on the abilities of each student. Class Fee: \$32
#36006 May 4-25 W 5:00-6:00pm

Sports – Soccer Skills

Location: Lake Lynn Community Center
Age: 6-8yrs. Ages 6-7. Join the fun! Great exercise and fun! The first 30 minutes of class we will warm-up, safety, and introduce your child to skills. The last 30 minutes will be devoted to game situations. Class Fee: \$32
#36002 May 3-24 T 4:00-5:00pm

Sporty Sprouts

Location: Tarboro Road Community Center
Age: 4-6yrs. Learn the basic skills of basketball (shooting, dribbling, and passing). This is a class that builds sportsmanship and leadership at an early age. Class Fee: \$15
#37135 May 4-25 W 6:00-7:00pm
#37136 Jun 1-29 W 6:00-7:00pm
#37138 Jul 6-27 W 6:00-7:00pm
#37139 Aug 3-31 W 6:00-7:00pm

Step Team

Location: Ralph Campbell Community Center
Age: 12-17yrs. Step it out! A team designed to put youth in motion. Class Fee: \$0
#36889 May 2-Aug 24 M,W 6:15-8:30pm

Storybook Yoga

Location: Laurel Hills Community Center
Age: 4-5yrs. Learn simple yoga moves while improving flexibility and balance. Have fun acting out animals and fairy tales. Use your imagination while gaining confidence. Personal interaction with new friends in a fun noncompetitive atmosphere. Class Fee: \$32
#36411 May 2-23 M 4:00-4:45pm

Summer Basketball League

Location: Lake Lynn Community Center
Age: 11-12yrs. A recreational basketball pro-

Summer Basketball League continued next page —

Summer Basketball League continued —

gram designed to develop confidence and teamwork in a fun atmosphere. Practice starts May 16th week. Games start week of June 13th and end last week in July. Co-Ed league with age groups 11-12. Class Fee: \$60
#36098 May 17-Aug 18 T,Th 6:45-9:45pm

Summer Basketball Leagues LL

Location: Lake Lynn Community Center
Age: 9-10yrs. A recreational basketball program designed to develop confidence and teamwork in a fun atmosphere. Practice starts May 16th week. Games start week of June 13th and end last week in July. Co-Ed league with age groups 9-10. Class Fee: \$60
#36090 May 16-Aug 24 M,W 6:45-9:45pm

Tae Kwon Do – Martial Art

Location: Lions Park Community Center
Age: 7-50yrs. Martial arts class for youth and adults develops discipline in youth, fitness in adults while developing fine martial art skills. Class Fee: \$25
#36292 May 3-26 T,Th 6:30-8:00pm
#36293 Jun 2-28 T,Th 6:30-8:00pm
#36294 Jul 5-28 T,Th 6:30-8:00pm
#36295 Aug 2-25 T,Th 6:30-8:00pm
#36296 Sep 1-27 T,Th 6:30-8:00pm

Teen**Step Team at Tarboro Road**

Location: Tarboro Road Community Center
Age: 14-18yrs. Come and join the Tarboro Road 'Steppers'. You will learn dance routines and compete in dance competitions. Class Fee: \$0
#37141 May 6-27 F 7:00-9:00pm
#37142 Jun 3-24 F 7:00-9:00pm
#37144 Jul 1-29 F 7:00-9:00pm
#37146 Aug 5-26 F 7:00-9:00pm

Adult**Aerobics – S.H.A.P.E.**

Location: Green Road Community Center
Age: 18yrs and up. Are you looking for a truly fun exercise class? Then join us for S.H.A.P.E. (simple, healthy, aerobic, positive, exercise). We 'dance', we tone, we relax to a variety of music. The class is a low to medium impact aerobics class that also includes toning with light weights and stretching for relaxation. No prior experience necessary. SHAPE is an ongoing class. A 12 class card will be issued that can be used at anytime within 6 months. Come try us, your first class is FREE! There will be no class on May 30, June 1, July 4, and July 6. Class Fee: \$39
#36611 May 2-Jul 27 M,W 7:00-8:00pm

Aerobics For Life

Location: Roberts Park Community Center
Age: 16yrs and up. An exercise program designed to improve and maintain physical condition. It's time to take health seriously. Get in shape, improve cardiovascular system,

feel better and look better. Class Fee: \$15

#36157 May 2-26 M,Th 6:15-7:00pm
#36158 Jun 2-30 M,Th 6:15-7:00pm
#36160 Jul 11-28 M,Th 6:15-7:00pm
#36161 Aug 1-29 M,Th 6:15-7:00pm

Aikido

Location: Green Road Community Center
Age: 14yrs and up. The Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self defense strategy and technique as well as staying in good shape. Class Fee: \$35
#36250 May 3-Jun 2 T,Th 7:15-8:45pm
#36251 Jun 7-30 T,Th 7:15-8:45pm
#36252 Jul 5-28 T,Th 7:15-8:45pm
#36253 Aug 2-Sep 1 T,Th 7:15-8:45pm

Ballroom Dance – Carousel Club Level I

Location: Pullen Community Center
Age: 18yrs and up. Learn how to waltz, chacha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Club Dues.
#36515 May 7-Aug 27 Sa 11:00am-12:30pm

Ballroom Dance – Carousel Club Level II

Location: Pullen Community Center
Age: 18yrs and up. Improve your ballroom dance skills in the waltz, chacha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Club Dues.
#36865 May 7-Aug 27 Sa 12:30-2:30pm

Ballroom Dance – Carousel Club Level III

Location: Pullen Community Center
Age: 18yrs and up. Advance your ballroom dance skills in the waltz, chacha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Club Dues.
#36526 May 9-Aug 29 M 7:30-9:15pm

Ballroom Dance – Friday

Location: Pullen Community Center
Age: 18yrs and up. Dance the night away with your favorite ballroom dances every Friday night. Live band will play once a month. Please call for band schedule. Weekly admission fee.
#36529 May 6-Aug 26 F 8:00-11:00pm

Basketball – Adult Open-Play

Location: Halifax Community Center
Age: 16-55yrs. This is a day set aside for adult basketball players to come out and participate in a few friendly pick-up games of basketball. Class Fee: \$0
#36271 May 1-Aug 24 Su, W 1:00-4:00pm

Belly Dance for Beginners

Location: Lake Lynn Community Center
Age: 16-99yrs. The class will consist of gentle exercises and dance steps of the Middle Eastern folk dance tradition. The class will give students an opportunity to stretch muscles, burn calories and learn dance steps while having fun. Class Fee: \$80
#36046 May 3-Jun 21 T 7:30-9:00pm

Clogging – Hemlock Bluff Cloggers

Location: Jaycee Community Center
Age: 12yrs and up. Are you an advanced clogger? Bryan Craddock is the director of the Hemlock Bluffs Cloggers. The club performs at area functions and events. Contact Bryan for more information. Class Fee: \$0
#36128 May 10-Jun 28 T 9:00-10:00pm
#36494 Jul 5-Aug 23 T 8:30-10:00pm

Clogging-Advanced

Location: Jaycee Community Center
Age: 12yrs and up. Looking for a clogging challenge? Give our advanced class a try. Bryan Craddock is an excellent instructor and is the director of the Hemlock Bluffs Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Class Fee: \$32
#36127 Jun 9-Aug 25 Th 7:00-8:30pm

Dance – Ladies Movement

Location: Lake Lynn Community Center
Age: 16-99yrs. A combination of music styles and easy dance steps to exercise heart and lungs and tone the rest of the body. Dances build up in pace and difficulty throughout the sessions. 16 sessions Patrice Sorrell, Instructor. Class Fee: \$45
#36051 May 23-Jul 20 M,W 6:15-7:30pm
#36052 May 24-Jul 14 T,Th 6:15-7:30pm
#36053 Jul 25-Sep 19 M,W 6:15-7:30pm
#36054 Jul 26-Sep 15 T,Th 6:15-7:30pm

Exercise – Ba Gua Mind and Body

Location: Sertoma Arts Center
Age: 16yrs and up. Ba Gua is a form of Chinese internal or soft martial art. It is based on Chinese philosophy of Yin & Yang and Eight Trigrams. It integrates circular stepping with the change of palms. The movements are always turning, twisting, and curvilinear. Ba Gua movements stimulate the joints and muscles to provide a workout for many areas of body that are not normally exercised. Through practice, you will increase flexibility, strength, body coordination, and mind's focus. The class will teach basic Ba Gua footwork and palm work, combined with body movement. Dr. Xiaojin Wu Turner instructs. Class Fee: \$42
#36756 Jun 7-28 T 5:30-6:40pm

Exercise – Kripalu Yoga for Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breath for relaxation, and meditation for the mind. Kripalu Yoga is a gentle Yoga that encourages the student to discover their own

degree of flexibility rather than push past their limits. Please wear comfortable clothing and bring a large towel or blanket. Susan Kilmon instructs. Class Fee: \$46

#34917	Jun 13-Aug 1	M	5:45-7:00pm
#34918	Jun 13-Aug 1	M	7:30-8:45pm
#34919	Jun 14-Aug 2	T	12:00-1:15pm

Exercise – Kripalu Yoga Continuing

Location: Sertoma Arts Center

Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breath for relaxation, and meditation for the mind. Kripalu Yoga is a gentle Yoga that encourages the student to discover their own degree of flexibility rather than push past their limits. Please wear comfortable clothing and bring a large towel or blanket.

Prerequisite: Kripalu Yoga for Beginners.

Susan Kilmon instructs. Class Fee: \$46

#34921	Jun 15-Aug 3	W	7:30-8:45pm
#34922	Jun 16-Aug 4	Th	12:00-1:15pm

Exercise – Qi Gong for Health & Healing

Location: Sertoma Arts Center

Age: 16yrs and up. Active exercises to strengthen your physical energy; to help you open all energy channels in the body; to help you bring your Yin and Yang energy back into balance; to help you get rid of energy blockages; to help you develop your spiritual energy so that you heal yourself physically, mentally and spiritually at the same time. Dr. Xiaoqin Wu Turner instructs. Class Fee: \$53

#36217	May 12-Jun 16	Th	5:30-6:20pm
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Exercise – Tai Chi

Location: Sertoma Arts Center

Age: All Ages. Tai Chi is an ancient Chinese

internal or soft martial art exercise. It is a sequence of movements that is gentle yet with profound power. It is based on the study of animal movements, human body, and the philosophy of Yin & Yang. It focuses on breathing, balance and internal strength. Practicing Tai Chi can reduce tension, cure illness such as high blood pressure and arthritis, promote relaxation, flexibility, and concentration. It improves overall health by stimulating and balancing the flow of energy in the body. Dr. Xiaoqin Wu Turner instructs. Class Fee: \$57

#36263	May 12-Jun 16	Th	6:30-7:30pm
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Exercise – Tai Chi Sword

Location: Sertoma Arts Center

Age: 16yrs and up. Tai Chi Sword is a form of gentle exercise based on Tai Chi movements and postures. In the barehanded form of Tai Chi, you learn how to control internal energy. In the sword form you learn how to extend intrinsic energy from your physical body to the tip of the sword. The two forms of practice balance each other. Practicing Tai Chi sword provides basic training in coordinated movements, relaxed physical body, balanced internal and external strength, concentrated mind, and proper breathing. The class will teach Yang style sword 32 forms. Dr. Xiaoqin Wu Turner instructs. Class Fee: \$63

#36758	May 12-Jun 16	Th	7:40-8:40pm
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Exercise – Weight Training

Location: Biltmore Hills Community Center

Age: 18yrs and up. Introduction to weight training and conditioning. Class Fee: \$10

#35913	May 2-30	M-F	7:00-8:00pm
#35914	Jun 1-28	M-F	7:00-8:00pm
#35915	Jul 1-Aug 4	M-F	7:00-8:00pm
#35916	Aug 1-Sep 2	M-F	7:00-8:00pm

Feet Meet Sneaks

Location: Roberts Park Community Center

Age: 40yrs and up. A walking program. An inexpensive exercise program that provides both therapeutic and social benefits. One foot in front of the other and you are on your way to a healthier life. Class Fee: \$0

#36176	May 3-Jun 7	T	10:15-11:00am
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Fitness –

Qi Gong for Health and Healing

Location: Lake Lynn Community Center

Age: 12yrs and up. Qi Gong is a form of exercise designed to channel the body's energy and strengthen internal organs. It combines deep breathing with smooth body movements and vocal sound to cleanse, refine and circulate Qi in the body. This leads to enhanced coordination and balance, harmonized body movement, improved memory and mental focus, and greater power for daily activities. Chinese have discovered that through Qi Gong and they were able to gain health and slow down the degeneration of the body. The class will teach Tai Chi Qi Gong and Medical Qi Gong. Class Fee: \$50

#36503	Jul 11-Aug 1	M	7:30-8:30pm
#36504	Aug 8-29	M	7:30-8:30pm

Fitness – Tai Chi for Beginners

Location: Lake Lynn Community Center

Age: 10yrs and up. Tai Chi is an ancient Chinese practice designed to exercise the mind, body and spirit. It is a form of energy cultivation and self-defense, but its movements are never aggressive. It focuses on breathing and flowing gestures and is often

Tai Chi for Beginners continued next page —



Tai Chi for Beginners continued —

described as 'meditation in motion'. In practicing Tai Chi you will relax your body and focus your mind on integrating the movements with your whole body. Class Fee: \$50

#36500	Jul 12-Aug 2	T	7:30-8:30pm
#36501	Aug 9-30	T	7:30-8:30pm

Fitness 4 Her

Location: Roberts Park Community Center
Age: 18yrs and up. Welcome and please take advantage of our ladies night of physical fitness in our weight room. Come out and share weight training secrets and proper nutrition to maintain your health. Class Fee: \$10

#36878	May 4-25	W	6:30-10:00pm
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Fitness Center at Chavis

Location: Chavis Community Center
Age: 18yrs and up. The Fitness Center offers a badger magnum multi-station machine, two electronic treadmills, techtrix climb max stepper, techtrix stationary bicycle, crunch station, dip/chin-up station, and dumbbells. Participants may use the facility during normal operation hours. Class Fee: \$15

#36648	May 1-31	Daily
#36649	Jun 1-Jul 2	Daily
#36650	Jul 1-31	Daily
#36651	Aug 1-31	Daily
#36652	May 1-Jul 2	Daily
#36653	Jun 1-Jul 31	Daily
#36654	Jul 1-Aug 31	Daily
#36655	Aug 1-Oct 2	Daily

Fitness Center at Laurel Hills

Location: Laurel Hills Community Center
Age: 16yrs and up. The Fitness Center offers a stack weight system, electronic stepper, recumbent bike, two electronic treadmills and an elliptical trainer. Participants may use the facility during normal operating hours every day. Class Fee: \$15

May			
#36179	May 1-28	Daily	1:00-6:00pm
June			
#36180	Jun 1-28	Daily	9:00am-10:00pm
July			
#36181	Jul 1-28	Daily	9:00am-10:00pm
August			
#36182	Aug 1-28	Daily	9:00am-10:00pm
Six Month Membership Special			
#36183	May 1-Oct 29	Daily	1:00-6:00pm

Hatha Yoga

Location: Durant Nature Park
Age: Adult. The ancient Indian practice of Hatha Yoga can help you release tension, stretch and strengthen your body, relax your mind and lift your spirits. Instructor T.J. Martin brings a wealth of experience and training. Her style is gentle and attentive to individual needs. At Durant Nature Park's Campbell Lodge, we have provided a quiet and beautiful location to enhance your yoga experience. Bring a mat and a blanket. Please look at your confirmation for directions to the Durant South entrance or call 870-2871. Class Fee: \$90

#34592	May 10-Jun 28	T	6:30-7:45pm
#34593	Jul 12-Aug 30	T	6:30-7:45pm

Introductory Yoga

Location: Lions Park Community Center
Age: 18-100yrs. Classes will begin with relaxation and gentle warm-up followed by various yoga postures, guided relation and meditation practice. you will learn to nurture body, mind and spirit through apersonal experience that will be deeply rewarding.

Class Fee: \$0

#36312	May 21	Sa	9:30-10:45am
#36313	Jun 18-Jul 16	Sa	9:30-10:45am
#36314	Jul 16-Aug 13	Sa	9:30-10:45am
#36315	Aug 20-Sep 17	Sa	9:30-10:45am

ISO-CISE

Location: Method Road Community Center
Age: 18yrs and up. This isometrical fitness class will help participants learn proper breathing, flexibility using the mind and working muscle against muscle to develop strength while losing inches. Class Fee: \$0

#36976	May 3-31	T,Th	6:30-8:30pm
#36977	Jun 2-30	T,Th	11:00am-12:30pm
#36978	Jul 5-28	T,Th	6:30-8:30pm
#36979	Aug 2-30	T,Th	6:30-8:30pm

Meditation Introduction

Location: Lake Johnson

Age: 16yrs and up. This course introduces students to the basic practices of sitting meditation and mindfulness activities during the day. The course is designed for beginners with little to no experience with meditation. All meditation practices are taught from a secular perspective. Bud Reiter-Lavery has been meditating for over 20 years and leading meditation groups for 10 years. Class Fee: \$25

#36705	Jun 14	T	6:30-8:30pm
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N.C. Roadrunners Club

Location: Glen Eden Park

Age: 18yrs & up. North Carolina Roadrunners Club is dedicated to the promotion and encouragement of running and walking. The club participates in many activities throughout the year including races, social runs, literary pursuits and more! The club is open to individuals and families and meets the 4th Thursday of each month at Glen Eden Pilot Park, 1500 Glen Eden Drive. No registration required. Class Fee: Membership dues are 75¢/person/meeting.

#36143	May 26	Th	7:00-9:00pm
#36144	Jun 23	Th	7:00-9:00pm
#36145	Jul 28	Th	7:00-9:00pm
#36146	Aug 25	Th	7:00-9:00pm

Pilates – Basic

Location: Green Road Community Center

Age: 18yrs and up. Pilates focuses on improving flexibility, muscle control, concentration, coordination, and strength without putting stress on joints and muscles. There is a strong emphasis on breathing and strengthening the core muscle groups. This form of exercise is challenging yet safe for beginners as well as more advanced students. Class Fee: \$50

#36613	Jun 6-Jul 11	M	5:45-6:45pm
#36614	Jul 18-Aug 22	M	5:45-6:45pm

Qi Gong for Health and Healing

Location: Laurel Hills Community Center

Age: 16yrs and up. Qi Gong is a form of exercise designed to channel the body's energy and strengthen internal organs. It combines deep breathing with smooth body movements and vocal sound to cleanse, refine and circulate Qi in the body. This leads to enhanced coordination and balance, harmonized body movement, improved memory and mental focus and greater power for daily activities. Chinese have discovered that through Qi Gong they were able to gain health and slow down the degeneration of the body. The class will teach Tai Chi Qi Gong and Medical Qi Gong. Class Fee: \$50

#36433	Jul 6-27	W	5:00-5:55pm
#36434	Aug 3-24	W	5:00-5:55pm

Social Dance – Introduction

Location: Pullen Community Center

Age: 18yrs and up. Have you always wanted to dance, but don't know how to? Boost your confidence through this exciting introductory class. You can learn the basic patterns to dances such as East Coast Swing, Foxtrot, Waltz and Rumba. Class Fee: \$50

#36584	Jun 7-Jul 12	T	12:00-1:00pm
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Social Dance – Bronze I

Location: Pullen Community Center

Age: 18yrs and up. Now that you have completed our introductory course, you can expand and strengthen your skills. You will become more comfortable with your dance technique, posture and footwork. Class Fee: \$50

#36580	Jul 26-Aug 30	T	12:00-1:00pm
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Tae Kwon Do

Location: Method Road Community Center

Age: 8yrs and up. Self-defense and self-discipline for beginning and advance students. Class Fee: \$5

#36972	May 5-26	Th	6:30-8:00pm
#36973	Jun 2-30	Th	6:30-8:30pm
#36974	Jul 7-28	Th	6:30-8:00pm
#36975	Aug 4-25	Th	6:30-8:00pm

Tae Kwon Do at Roberts Park

Location: Roberts Park Community Center

Age: 6yrs and up. Techniques are taught in the art of self defense, discipline and the building of the body, mind and spirit. Class Fee: \$20

#36367	May 5-26	Th	7:00-8:30pm
#36368	Jun 2-30	Th	7:00-8:30pm
#36369	Jul 7-28	Th	7:00-8:30pm
#36370	Aug 4-25	Th	7:00-8:30pm

Tai Chi – Continuous

Location: Laurel Hills Community Center

Age: 16yrs and up. The review of Yang style 24 forms will have two processes: the original form and the reversed 24 forms. Practicing reversed form from a different direction will enhance student's Tai Chi skills. The class will also introduce Tai Chi sword, a form of gentle exercise based on Tai Chi movements and postures. Students will learn how to extend intrinsic energy from physical body to the tip of the sword. Practicing Tai

Chi sword provides basic training in coordinated movements, relaxed physical body, balanced internal and external strength, concentrated mind and proper breathing. The class will teach Yang style sword 32 forms. Class Fee: \$50

#36425	Jul 6-27	W	7:05-8:05pm
#36426	Aug 3-24	W	7:05-8:05pm

Tai Chi for Beginners

Location: Laurel Hills Community Center
Age: 16yrs and up. Tai Chi is an ancient Chinese internal or soft martial art exercise. It is a sequence of movements that is gentle, yet with profound power. It is based on the study of animal movements, human body, and the philosophy of Yin & Yang. It focuses on breathing, balance and internal strength. Practicing Tai Chi can reduce tension, cure illness such as high blood pressure and arthritis, promote relaxation, flexibility and concentration. It improves overall health by stimulating and balancing the flow of energy in the body. The class will teach Yang style simplified Tai Chi (24 forms) which is characterized by flowing and harmonious movements. Class Fee: \$50

#36413	Jul 6-27	W	6:00-7:00pm
#36414	Aug 3-24	W	6:00-7:00pm

Weight Room Membership

Location: Carolina Pines Community Center
Age: 16yrs and up. Join the Carolina Pines weight room. The membership entitles you to the use of the 5 station weight machine, recumbent bike, stair master and treadmill. The weight room is open during regular facility hours of operation. Class Fee: \$15

#35943	May 7-Jun 4	Sa	10:00am-10:00pm
#35944	Jun 1-29	W	10:00am-10:00pm
#35945	Jul 7-Aug 4	Th	10:00am-10:00pm
#35946	Aug 1-29	M	10:00am-10:00pm

Weight Room at Green Road

Location: Green Road Community Center
Age: 18yrs and up. Come get in shape or just stay in shape! Cardiovascular and weight equipment available during center operating hours. Class Fee: \$10

#36220	May 1-31		
#36221	Jun 1-30		
#36222	Jul 1-31		
#36223	Aug 1-31		

Weight Room at Jaycee

Location: Jaycee Community Center
Age: 18yrs and up. Free-weights, aerobic, cardiovascular equipment and weight stack equipment ready for you and your body. Monthly fee—no long-term contracts. Closed during City Holidays. Participants must fill out a separate Weight Room registration form. Class Fee: \$13

#36123	May 2-Jun 4	M-Sa	9:00am-10:00pm
#36124	Jun 1-28	M-F	9:00am-10:00pm
#36125	Jul 1-29	M-F	9:00am-10:00pm
#36126	Aug 1-26	M-F	9:00am-10:00pm

Weight Room at Millbrook

Location: Millbrook Exchange Community Ctr
Age: 18yrs and up. Free-weights, aerobic, cardiovascular equipment and nautilus

equipment ready for you and your body. Closed on May 30 and July 4. Participants must fill out a separate Weight Room registration on site. Class Fee: \$15

#35199	May 1-31	M-F	9:00am-10:00pm
		Sa	9:00am-3:00pm
		Su	1:00-6:00pm
#35200	Jun 1-30	M-F	9:00am-10:00pm
		Sa	9:00am-3:00pm
		Su	1:00-6:00pm
#35201	Jul 1-31	M-F	9:00am-10:00pm
		Sa	9:00am-3:00pm
		Su	1:00-6:00pm
#35202	Aug 1-31	M-F	9:00am-10:00pm
		Sa	9:00am-3:00pm
		Su	1:00-6:00pm

Weight Room at Tarboro Road

Location: Tarboro Road Community Center
Age: 18yrs and up. Universal equipment, treadmill, stationary bike, and tummy buster. We are open on Sunday between the months of Nov-Feb only. Come and check us out. Class Fee: \$12

#37151	May 2-Jun 4	M-Sa	10:00am-9:00pm
#37171	Jun 6-30	M-Sa	10:00am-9:00pm
#37172	Jul 4-30	M-Sa	10:00am-9:00pm
#37175	Aug 1-31	M-Sa	10:00am-9:00pm

Weight Room Club

Location: Halifax Community Center
Age: 18-90yrs. This is time just for people who would like to tone their bodies by doing exercise and using weights. Class Fee: \$15

#36240	May 2-25	M,W	7:00-8:30pm
#36241	Jun 1-27	M,W	7:00-8:30pm
#36242	Jul 6-Aug 1	M,W	7:00-8:30pm
#36243	Aug 1-24	M,W	7:00-8:30pm

Weight Training and Conditioning

Location: Roberts Park Community Center
Age: 16yrs and up. This program is designed to help you get into shape and tone those hidden muscles. Feel better, live longer and possibly look better. Join now. Class Fee: \$15

#36373	May 2-31	M-F	10:00am-9:30pm
#36374	Jun 1-30	M-F	10:00am-10:00pm
#36375	Jul 1-29	M-F	10:00am-9:30pm
#36376	Aug 1-31	M-F	10:00am-9:30pm

Weight Training at Ralph Campbell (mini)

Location: Ralph Campbell Community Center
Age: 16yrs and up. Lift weights on a universal machine. Build up your body and muscles. There is no bike or trend mill in this small weight room. Yoga mat and ball can be used. Class Fee: \$0

#36894	May 2-Aug 26	M-F	2:00-9:00pm
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Weight/Exercise Room Membership

Location: Lions Park Community Center
Age: 18yrs and up. Come out and get your work out on. Stay fit and healthy by using a treadmill, recumbent bike, stair master, weights and a universal weight machine. Class Fee: \$12

#36278	May 1-28	Daily	1:00am-6:00pm
#36279	Jun 1-28	Daily	10:00am-10:00pm
#36280	Jul 1-Aug 4	Daily	10:00am-10:00pm
#36281	Aug 1-28	Daily	10:00am-10:00pm

Weightroom Center at Method

Location: Method Road Community Center
Age: 18-99yrs. Free weights, universal weights and cardiovascular equipment will give your body a full workout. Pay a small monthly fee and free yourself of a long term contract. Sunday hours are opened between the months of November-February only. Class Fee: \$12

#36984	May 2-31	M-F	10:00am-10:00pm
#36981	Jun 1-30	M-F	10:00am-10:00pm
#36982	Jul 1-29	M-F	10:00am-10:00pm
#36983	Aug 1-31	M-F	10:00am-10:00pm

Workout Room at Lake Lynn

Location: Lake Lynn Community Center
Age: 18yrs and up. Be sure to join our ever popular fitness room at Lake Lynn. Enjoy the use of 2 universal units, steppers, 2 treadmill, free weights, dumb bells and 2 bicycles. You can register on a monthly basis. Must be 18 to join. Class Fee: \$15

#36025	May 1-22	Su	9:00am-10:00pm
#36026	Jun 1-22	W	9:00am-10:00pm
#36027	Jul 1-22	F	9:00am-10:00pm
#36028	Aug 1-22	M	9:00am-10:00pm

Six months membership

#36029	Jun 18-Dec 2	Daily	9:00am-10:00pm
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Worthdale Fitness Center

Location: Worthdale Community Center
Age: 18yrs and up. The fitness center is provided for individuals who want to improve their cardiovascular system, muscle tone, and strength development. Class Fee: \$12

#36528	May 2-Sep 2	M-F	10:00am-10:00pm
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Yo-Wei

Location: Laurel Hills Community Center
Age: 18yrs and up. Newest trend.....Yoga with strength training! All fitness levels are welcome, but this class is especially for those new to yoga. Experience the mind/body connection through popular yoga moves, and increase your flexibility and balance in a soothing relaxed atmosphere. This is a beginner level class. Please bring exercise mat. Class Fee: \$40

#36421	May 2-23	M	6:00-7:00pm
#36422	Jun 6-27	M	6:00-7:00pm
#36423	Jul 11-Aug 1	M	6:00-7:00pm
#36424	Aug 8-29	M	6:00-7:00pm

Yoga Fitness

Location: Pullen Community Center
Age: 18yrs and up. Treat your body to much needed stretches and release stress in a yoga class. A combination of meditations and stretches that help with flexibility, posture, and stress relief. Class Fee: \$40

#36587	Jun 15-Aug 17	W	5:15-6:15pm
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Family

Aerobics at Worthdale

Location: Worthdale Community Center
Age: 18yrs and up. Experience the benefits of a personal fitness and wellness program. Learn about exercise safety precautions, proper cardiorespiratory exercise technique,

Aerobics at Worthdale continued next page —

Aerobics at Worthdale continued —

flexibility, and body composition while doing aerobics. Class Fee: \$30

#36731	May 9-Sep 7	M,W	6:00-7:00pm
#36732	May 16-Sep 14	M,W	6:00-7:00pm
#36733	May 23-Sep 21	M,W	6:00-7:00pm
#36730	May 30-Jun 29	M,W	6:00-7:00pm

Fitness Room

Location: Pullen Community Center
Age: 16yrs and up. Get into shape in our fitness center. Equipment available includes Paramount machine, treadmills, bikes, and stair climbers. Fitness room is open during normal operating hours. Ages 16-17 must be accompanied by an adult fitness room member. Class Fee: \$10

#36565	May 2-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#36566	Jun 1-30	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#36567	Jul 1-30	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#36568	Aug 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm

Karate

Location: Pullen Community Center
Age: 5yrs and up. Okinawan Shorin-Ryu Karate is a great way to learn self defense, discipline, and respect as well as gain confidence and stay fit. Class Fee: \$42

#36570	May 3-31	T,Th	6:00-7:30pm
#36571	Jun 2-30	T,Th	6:00-7:30pm
#36572	Jul 5-28	T,Th	6:00-7:30pm
#36573	Aug 2-30	T,Th	6:00-7:30pm

Karate at Brentwood

Location: Brentwood Park
Age: 6yrs and up. This program will improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Class Fee: \$44

#36307	May 3-26	T,Th	5:45-6:45pm
#36310	Jun 2-28	T,Th	5:45-6:45pm
#36436	Jul 5-28	T,Th	5:45-6:45pm
#36437	Aug 2-25	T,Th	5:45-6:45pm

Karate-Do

Location: Chavis Community Center
Age: 1yrs and up. Teaching not just karate, but it's application to life including self defense, confidence, self esteem, discipline, respect, and self control. Classes taught by Sensi Eric Blaize. Class Fee: \$35

#36658	May 2-28	M,W	6:00-8:00pm
		Sa	9:30am-12:30pm
#36659	Jun 1-27	M,W	6:00-8:00pm
		Sa	9:30am-12:30pm
#36660	Jul 2-27	M,W	6:00-8:00pm
		Sa	9:30am-12:30pm
#36661	Aug 1-27	M,W	6:00-8:00pm
		Sa	9:30am-12:30pm

Shotokan

Location: Roberts Park Community Center
Age: 6yrs and up. Shotokan works on character development and confidence building. Improve mental and physical health and learn self defense. Fun and excitement for the family. Class Fee: \$20

#36821	Jun 7-28	T	7:00-8:00pm
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Square Dance – Raleighwood Squares

Location: Pullen Community Center
Age: 13yrs and up. Looking for a fun yet challenging physical activity? Try square dancing. It isn't just for folk music fans! The Raleighwood Squares does high-energy, all-position dancing in a relaxed environment. No partner required; singles and couples are welcome. No experience necessary. Club dues.

#36586	May 3-Aug 30	T	7:30-9:30pm
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Tae Kwon Do – Beginners

Location: Biltmore Hills Community Center
Age: 5yrs and up. Marital arts course where the art of self defense is taught through practice drills, class room instruction and tournaments. Class Fee: \$35

#35921	May 2-30	M,W	6:00-7:30pm
#35922	Jun 1-27	M,W	6:00-7:30pm
#35923	Jul 6-Aug 3	M,W	6:00-7:30pm
#35924	Aug 1-31	M,W	6:00-7:30pm

Tae Kwon Do at Worthdale

Location: Worthdale Community Center
Age: 5yrs & up. Learn the art of self defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness. Class Fee: \$25

#36554	May 3-Sep 1	T,Th	6:30-9:30pm
#36555	May 10-Sep 8	T,Th	6:30-9:30pm
#36556	May 17-Sep 15	T,Th	6:30-9:30pm
#36557	May 31-Sep 29	T,Th	6:30-9:30pm

Yoga with TJ Martin

Location: Lake Johnson
Age: All Ages. Yoga can help you release tension, stretch, strengthen, and energize your body along with lifting your spirits! TJ has taught yoga to adults and children of a variety of ages, shapes, sizes, and fitness levels. Her aim is to help everyone understand that the body they have right now is the one that's just right for doing yoga. TJ is a certified teacher at the 500-hour level and a member of the International Association

of Yoga Therapists. Class Fee: \$60 May-June (6 week session), \$80 July-August (8 week session)

#36726	May 24-Jun 28	T	9:30-11:00am
#36728	Jul 12-Aug 30	T	9:30-11:00am

Senior**Exercise – Carriage House**

Location: Wade Ave. Administrative Office Bldg.
Age: 55yrs and up. This program is offered at the Carriage House which is located at 116 St. Mary's Street. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$0

#37396	Apr 6-Aug 1	M,W,F	10:00-11:00am
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Exercise – Kripalu Yoga for Seniors

Location: Sertoma Arts Center
Age: 55yrs and up. This yoga class is designed for seniors and others with varying degrees of mobility. Enjoy gentle stretching with breathing techniques which help to relax tense muscles, loosen stiffness in joints, strengthen weak muscles, improve digestion, stimulate circulation, reduce high blood pressure and anxiety. Learn to maintain balance and improve memory. Wear comfortable clothing and bring a blanket or mat to each class. Susan Kilmon instructs. Class Fee: \$37

#34926	Jun 14-Aug 2	T	2:00-3:00pm
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Exercise – Parkview Manor

Location: Wade Ave. Administrative Office Bldg.
Age: 55yrs and up. This program is offered at Parkview Manor Apt., which is located at 911 North Blount Street. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$0

#37403	Apr 7-Aug 1	M,Th	11:15am-12:15pm
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Fitness for Seniors

Location: Roberts Park Community Center
Age: 50yrs and up. An exercise program designed to help seniors improve and maintain physical condition. An excellent way to lower blood pressure, control glucose levels, improve cardiovascular system, have more energy and feel better. Class Fee: \$10
#36177 Jul 5-26 T 9:30-10:00am
#36178 Aug 2-30 T 11:00am-12:00pm

Senior Fitness

Location: Millbrook Exchange Community Ctr
Age: 55yrs and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. Class meets in the weight room June-August. Space limited. Class Fee: \$5
#35222 May 3-31 T,Th 9:45-10:30am
#35223 Jun 2-30 T,Th 9:45-10:30am
#35224 Jul 5-28 T,Th 9:45-10:30am
#35225 Aug 2-30 T,Th 9:45-10:30am

Seniorcize

Location: Pullen Community Center
Age: 55yrs and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. Class Fee: \$10
#36576 May 3-31 T,Th 2:00-2:45pm
#36577 Jun 2-30 T,Th 2:00-2:45pm
#36578 Jul 5-28 T,Th 2:00-2:45pm
#36579 Aug 2-30 T,Th 2:00-2:45pm

Seniors In Motion

Location: Laurel Hills Community Center
Age: 55yrs and up. A well rounded fitness program designed to complement the physical needs of our senior community. Classes consist of warm-ups, low impact cardio, strength training, toning, and stretching. Class Fee: \$28
#36388 May 2-27 M,F 10:00-11:00am
#36389 Jun 3-27 M,F 10:00-11:00am
#36390 Aug 1-29 M,F 10:00-11:00am

Seniors Weight Room Training

Location: Roberts Park Community Center
Age: 55yrs and up. This program helps seniors get into shape and tone hidden muscles. Feel better, live longer and look really good. Only seniors are allowed to use the weight room during the class. Class Fee: \$5
#36822 May 6-27 F 10:00am-12:00pm
#36823 Jun 3-24 F 10:00am-12:00pm
#36824 Jul 1-29 F 10:00am-12:00pm
#36825 Aug 5-26 F 10:00am-12:00pm

Weekly Walkers

Location: Wade Ave. Administrative Office Bldg.
Age: 55yrs and up. Walks are at various greenways and trails throughout the Raleigh area. Walks are at a moderate pace and are usually 2-3 miles in length. Members also have the option of meeting for coffee after walks. Call Dorothy Stowe at 847-5189 or Gerry Vassilos at 845-1792 for schedules and more information. Class Fee: \$0
#37402 Apr 6-Jul 27 W 9:00-11:00am

Nature

Preschool

Critter Hunt

Location: Durant Nature Park
Age: 3-5yrs. Join a Nature Instructor as we investigate the critters that live under rocks, logs and other 'hidden places.' We will be hiking the trails in search of these elusive animals. Class Fee: \$5
#35691 Jul 23 Sa 2:00-3:00pm

Getting Buggy

Location: Durant Nature Park
Age: 3-5yrs. Bring your toddler out to Durant Nature Park to explore the insect meadow. We will be on the prowl for ants, butterflies and other insects. Before hunting for local insects, we will get a chance to see meal worms, crickets and cockroaches. We will also make a buggy craft for you to take home. Class Fee: \$5
#35689 Jun 18 Sa 2:00-3:00pm

Hide and Snake

Location: Durant Nature Park
Age: 3-5yrs. Come out to Durant Nature Park and explore the world of reptiles. We will get to meet some live animals before going on a hike to find out what reptiles live in the park. Class Fee: \$5
#35690 May 21 Sa 2:00-3:00pm

Pre-kinder-Garden

Location: Carolina Pines Community Center
Age: 4-5yrs. Children will have the opportunity to learn about various plants in a garden. Students will gain a hands on experience of the plant of the day. Must pre register 2 days in advance. Call Robert for details 831-6435. Class Fee: \$3
#35953 Jun 1 W 10:00-10:45am
#35954 Jun 8 W 10:00-10:45am
#35955 Jun 15 W 10:00-10:45am
#35956 Jun 22 W 10:00-10:45am
#35957 Jun 29 W 10:00-10:45am

Sensing Nature

Location: Laurel Hills Community Center
Age: 3-5yrs. Nature is full of things to see, hear, touch, and smell. Join us for an opportunity for your child to discover how nature exercises our senses. Through games, a craft, and a short hike your child will use touch, sight, smell, and hearing to explore nature. Children should be accompanied by an adult. Class Fee: \$3
#36593 May 28 Sa 10:00-11:00am

Taking Flight

Location: Durant Nature Park
Age: 3-5yrs. Come explore all of the different things that fly in the air in Durant Nature Park. We will discuss birds, butterflies and other flying animals. We will then make a kite to take home. Class Fee: \$5
#35692 Aug 27 Sa 2:00-3:00pm

Tiny Explorers

Location: Jaycee Community Center
Age: 4-6yrs. Weather, plants, animals, and more! Our tiny explorers will have lots of fun while learning about the wonderful world around us. Hands on experimenting is guaranteed! Class Fee: \$28
#36122 May 2-23 M 1:00-1:45pm

Wee Walkers

Location: Durant Nature Park
Age: 1yrs and up. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the park or along the Durant Greenway trail. This is a great opportunity for adults and little ones to meet each other and explore nature. Adults can track their distance using our pedometers. Class Fee: \$0
#35641 May 5 Th 10:00-11:00am
#35642 May 12 Th 10:00-11:00am
#35643 May 19 Th 10:00-11:00am
#35644 May 26 Th 10:00-11:00am
#35645 Jun 2 Th 10:00-11:00am
#35646 Jun 9 Th 10:00-11:00am
#35647 Jun 16 Th 10:00-11:00am
#35648 Jun 23 Th 10:00-11:00am
#35649 Jun 30 Th 10:00-11:00am
#35650 Jul 7 Th 10:00-11:00am
#35651 Jul 14 Th 10:00-11:00am
#35652 Jul 21 Th 10:00-11:00am
#35655 Jul 28 Th 10:00-11:00am
#35660 Aug 4 Th 10:00-11:00am
#35663 Aug 11 Th 10:00-11:00am
#35665 Aug 18 Th 10:00-11:00am
#35667 Aug 25 Th 10:00-11:00am

Who's Hiding Here?

Location: Brookhaven Nature Park
Age: 3-5yrs. Does your youngster like to explore? If so, bring your child to explore the park and all the small places that animals like to hide. We will take a short hike to look for animals that are hiding in the most unexpected places! Children should be accompanied by an adult. Class Fee: \$3
#36598 Jul 23 Sa 10:00-11:00am

Youth

Arts Safari Series

Location: Durant Nature Park
Age: 8-12yrs. In this series a craft instructor joins one of our nature instructors to assist us in 'capturing' a wild thing of the Durant wood. Please look at your confirmation for directions to the Durant South entrance or call 870-2871.

In the **Blooming Artist** workshop we will look closely at the beauties of summer to discover form and detail before splashing our canvases with the colors of our favorite little wildflower. Participants will go home with a work of art and perhaps a new appreciation for botany.

Build a Bird takes a look at the special uses of the beaks and feet of our avian friends. Participants will learn a few birds and their songs before designing a bird from nature or

Arts Safari Series continued next page —

Arts Safari Series continued —

of their imagination. Class Fee: \$14

Blooming Artist

#34485 Jul 23 Sa 9:30am-12:30pm

Build a Bird

#34486 Aug 6 Sa 9:30am-12:30pm

Beautiful Bird Feeders

Location: Chavis Community Center

Age: 5-12yrs. Paint & decorate bird feeders for your backyard friends. Materials and supplies provided. Sample of bird seed also included. Class Fee: \$5

#36633 May 14 Sa 10:00am-12:00pm

Kinder Garden Plus

Location: Carolina Pines Community Center

Age: 5-6yrs. Missed Kinder-Garden? Our July lineup will give you a chance to revisit previous lessons and learn about managing a garden in late summer. Ages 5-6 have the opportunity to learn about various plants in a garden. Kids will learn about the plant of the week as well as have the chance to get hands on experience of working in a garden. Must pre register 2 days in advance. Call Robert for details 831-6435. Class Fee: \$3

#35961 Jul 13 W 11:00-11:45am

#35962 Jul 20 W 11:00-11:45am

#35963 Jul 27 W 11:00-11:45am

Kinder-Garden

Location: Carolina Pines Community Center

Age: 5-6yrs. Children have the opportunity to learn about various plants in a garden. Kids will learn about the plant of the week as well as have the chance to get hands on experience of working in a garden. Must pre register 2 days in advance. Call Robert for details 831-6435. Class Fee: \$3

#35948 Jun 1 W 11:00-11:45am

#35949 Jun 8 W 11:00-11:45am

#35950 Jun 15 W 11:00-11:45am

#35951 Jun 22 W 11:00-11:45am

#35952 Jun 29 W 11:00-11:45am

Mystery Creatures

Location: Lake Lynn Community Center

Age: 6-12yrs. Have you ever wondered what made that hole in your backyard? Or what made that strange noise in the woods? Join us as we reveal the habits of some of nature's most mysterious creatures. Class Fee: \$3

#36589 May 14 Sa 10:00-11:00am

Nature Games

Location: Millbrook Exchange Community Ctr

Age: 3-5yrs. Does your child like nature and love to play games? If so, here is a chance for your child to learn about nature through games. We will play games that will help your child release some energy and learn about the natural world around us. Class Fee: \$3

#36595 Jun 25 Sa 10:00-11:00am

Nature P.I. Series

Location: Durant Nature Park

Age: 6-12yrs. Come out to Durant Nature Park for this four part series where your child will become a nature investigator. Each month we will investigate a different area of the

park. Students will be able to see live reptiles, search the water for aquatic animals, get up close and personal with insects, and discover the Durant tree trail. Class Fee: \$5

Animal Detectives

#35682 May 14 Sa 2:00-3:00pm

Tree Detectives

#35684 Jun 4 Sa 2:00-3:00pm

Insect Detectives

#35686 Jul 9 Sa 2:00-3:00pm

Water Detectives

#35688 Aug 6 Sa 2:00-3:00pm

Nature Ramblers

Location: Sertoma Arts Center

Age: 5-8yrs. Children learn about local wildlife from hands-on experiences and through short hikes around the park. Art projects coordinate with a daily nature lesson. Wear long pants and closed toe shoes. 5 sessions. Brenda Hartwell instructs.

Class Fee: \$40

#36697 Jun 27-Jul 1 M-F 9:15-10:45am

#36698 Aug 1-5 M-F 9:15-10:45am

Sounds of Nature

Location: Lake Johnson

Age: 6-12yrs. Have you ever heard a strange noise in the woods? A bump in the night while you were camping? Or a small peep in your backyard? Have you always wondered what makes these sounds? Then, come learn all about the calls of the wild. Learn how and why animals communicate and how these peeps, calls, howls, and hoots can help us identify them! Class Fee: \$3

#36597 Jul 9 Sa 10:00-11:00am

Tracks and Traces

Location: Eastgate Park

Age: 6-12yrs. Learn how to identify wildlife by the signs they leave behind. Join us at the park to learn all about tracks, scat, feathers, and nests and what these things tell us about the animal that left them behind. Class Fee: \$3

#36628 Aug 6 Sa 10:00-11:00am

Youth Action Pack

Location: Roberts Park Community Center

Age: 7-14yrs. Youngsters are taught to survive without life's conveniences. Learn to use and explore the elements of nature. Go fishing, camping, hiking, etc. Class Fee: \$0

#36406 May 5-26 Th 5:00-6:00pm

#36407 Jun 2-30 Th 5:00-6:00pm

#36408 Jul 7-28 Th 5:00-6:00pm

#36409 Aug 4-25 Th 5:00-6:00pm

Adult**Breakfast with an Expert**

Location: Durant Nature Park

Age: Adult. Listen to an expert discuss their field of knowledge while enjoying a hot cup of coffee and a muffin. In August join Dr. Jean Marie Luginbuhl and the NCSU goats of fame for a riveting presentation on kudzu control. We invite you to witness an environmentally friendly solution to the mile a minute invasive that binds the south.

Class Fee: \$0

Dr. Luginbuhl - Kudzu Control with Goats

#34482 Aug 13 Sa 9:30-11:00am

Hands on Butterfly Gardening Series

Location: Durant Nature Park

Age: Adult. Join Sharon Funderburk of RareBird Nursery for a series of butterfly gardening workshops that differ seasonally. Meet at the butterfly garden at the Training Lodge. In July, the native host and nectar plants in Durant's garden will be at their best for a program that emphasizes butterflies. Identify caterpillars and adult butterflies species while you learn to weed and plant. Get your questions answered by a master in the field and go home with a native plant to began or enhance your own garden. Class Fee: \$30

#34487 Jul 30 Sa 9:30am-12:30pm

Family**Bird Walks at Anderson Point**

Location: Anderson Point

Age: All Ages. Wake Audubon Society leads a Bird Walk at the park that is open to the public each Saturday morning at 8:30am. They meet at the outer parking area. Class Fee: \$0

#36474 Jul 9 Sa 8:30-10:30am

Birds of Prey Class & Demonstration

Location: Lake Wheeler

Age: 2yrs and up. Conducted by the American Wildlife Refuge, this educational lecture and demonstration will introduce patrons to a wide variety of raptors. Over a dozen live birds of prey will be on hand—featuring Beanca the Eagle along with various Falcons, Hawks, and Owls. This event will allow onlookers to experience a new found respect for these magnificent creatures. Seating will be limited. Class Fee: \$2 and \$5

#37348 Jun 11 Sa 11:00am-1:00pm

Butterflies, Insects and Meadows

Location: Anderson Point

Age: 6yrs and up. Insects abound in the park's wildlife meadow. Learn to locate and identify butterflies, dragonflies, and other insects of the meadow and throughout the park. Sponsored by the Wake County Audubon Society. Class Fee: \$0

#36465 Jul 16 Sa 10:00am-12:00pm

Community Garden

Location: Carolina Pines Community Center

Age: 10yrs and up. Ever want to have a garden of your own but don't have the space? Come out Carolina Pines and work in ours. Open to any age and skill level. We will have a check list of task that need attending to in the office. No tools required all we need is your help! Class Fee: \$0

#35947 Jun 16-Aug 23 T,Th 1:00-6:00pm

Family Summer Scavenger Hunt

Location: Brookhaven Nature Park

Age: 4yrs and up. Looking for something for the whole family? Does your family like a

challenge? Do they like nature? If so, join us for this summer scavenger hunt. Your family will get a chance to explore the park while learning about nature and having fun! Fee applies to each participant. Class Fee: \$3
 #36594 Jun 11 Sa 10:00-11:30am

Nature Walk in the Park for Kids

Location: Anderson Point
 Age: 2yrs and up. Join a member of the Wake Audubon Society for a Parent/Child nature walk. The leader will show the kids the different habitats found within the park and talk about the animals that might be found in various habitats, from the open meadow to the bottomland forest. Class Fee: \$0
 #36471 May 21 Sa 10:30am-12:00pm

Paddle Aboat and Piddle About

Location: Durant Nature Park
 Age: All Ages. On the third Saturday in May, June, July and August, you are invited to get on the water on Durant's six acre lower lake. Ages 18 years and up or youth ages six years and up with an adult. Canoes and mandatory P.F.D's will be available first come first served at \$8/hour/boat between 9am-noon. Meet at the Durant boathouse at 9am, 10am or 11am and paddle! Pay at the boathouse. Class Fee: \$8
 #34489 May 21 Sa 9:00am-12:00pm
 #34490 Jun 18 Sa 9:00am-12:00pm
 #34491 Jul 16 Sa 9:00am-12:00pm
 #34492 Aug 20 Sa 9:00am-12:00pm

Service to the Park

Location: Durant Nature Park
 Age: 12yrs and up. 'One thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.' Albert Schweitzer. Join the Durant staff for a meaningful service project such as adding blazes to trails, mulching the butterfly garden, maintaining trails, or splashing fresh coat of paint where needed. We thank you for your service to the park past and future! Meet at the Durant Nature

Park office. Class Fee: \$0
 #34493 May 7 Sa 10:00am-2:00pm

Summer's Night Hike

Age: 5yrs and up. As the sun sets, the woods come alive. Learn all about nocturnal animals in this evening nature series. Adults and children will enjoy this hike in search of nocturnal animals such as owls, bats, deer, and beavers. Learn all about the adaptations that help these animals survive at night.
 Class Fee: \$3
 Lake Johnson
 #36603 May 3 T 8:00-9:00pm
 #36621 Jul 12 T 8:30-9:30pm
 Shelley Lake
 #36623 Jun 14 T 8:30-9:30pm
 #36627 Aug 9 T 8:30-9:30pm

Social

Preschool

Music – Silly Sounds

Location: Laurel Hills Community Center
 Age: 2-3yrs. Parent and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development. Class Fee: \$28
 #36468 May 3-24 T 9:00-9:30am
 #36469 Aug 2-23 T 9:00-9:30am

Playgroup

Location: Millbrook Exchange Community Ctr
 Age: 2yrs and up. The gym is your playground. Come to meet other families and your community in a recreation setting. The Gym will be reserved for parents and their young children. Sports equipment will be available. Class Fee: \$0
 #35123 May 2-25 M,W 10:00am-1:00pm

Preschool Adventures

Location: Laurel Hills Community Center
 Age: 2-3yrs. Mom's morning out! Drop off preschoolers so they can play with friends in a morning of structured fun. Youth discover art, music, and sports while socially interacting with new friends. Take a few hours for yourself. Taught by experienced teachers. Snack provided. Class Fee: \$60
 #36399 May 4-25 W 9:15-11:30am
 #36400 Aug 10-31 W 9:15-11:30am

Preschooler Adventures

Location: Millbrook Exchange Community Ctr
 Age: 3-4 yrs. Play, fun, and entertainment featuring Mozo the clown with funny games and stunts. Mama Goose dramatic dance tales and stories, musical games, pop goes the weasel, play house, activities with parachute, hoops, floats, scooters, and more. Kids need to bring a snack. Class Fee: \$15
 #36591 Jul 9 Sa 9:00am-12:00pm
 #36592 Aug 13 Sa 9:00am-12:00pm

Teddy Bear Tea Party

Location: Millbrook Exchange Community Ctr
 Age: 4-5yrs. Bundle up your favorite Teddy Bear and bring him or her to a Tea Party. Enjoy refreshments and make an arts and crafts project. Class Fee: \$5
 #35124 May 21 Sa 1:00-1:45pm

Tot Time

Location: Green Road Community Center
 Age: 1-5yrs. Parents, bring your child to Green Road for playtime and interaction with other children. The gymnasium and some recreational equipment will be available for your child to use. Come play with us!
 #36225 May 5-26 Th 10:00am-12:00pm
 #36229 May 4-25 W 5:00-7:15pm

Transportation – On the Move

Location: Optimist Community Center
 Age: 3-5yrs. We'll explore planes, trains, fire trucks and more through reading stories, creating crafts and playing games. Class Fee: \$30
 #36856 May 5-26 Th 6:15-7:15pm
 #36857 Jun 7-28 T 6:15-7:15pm

Youth

Chess Club

Location: Tarboro Road Community Center
 Age: 10yrs and up. Learn the basic moves of chess. Monthly Tournaments. No fees!
 Class Fee: \$0
 #37001 May 3 T 7:00-8:00pm
 #37013 Jun 7 T 7:00-8:00pm
 #37014 Jul 5 T 7:00-8:00pm
 #37015 Aug 2 T 7:00-8:00pm

Children's Day Fun Adventure

Location: Millbrook Exchange Community Ctr
 Age: 5-9yrs. Play, fun, and entertainment featuring Mozo the clown with funny games and stunts. Mama goose dramatic dance tales and stories, musical games, pop goes the weasel, play house, activities with parachutes, hoops, floats, scooters, and more.

Children's Day Fun Adventure continued next page —



Children's Day Fun Adventure continued —

Kids bring a snack. Instructor Khadija El McPherson. Class Fee: \$15

#36583	Jun 4	Sa	9:00am-12:00pm
#36585	Aug 6	Sa	9:00am-12:00pm

Friday Night Fun

Location: Laurel Hills Community Center
Age: 4-12yrs. Parents enjoy a night out on the town while their children have a light dinner, make crafts or play games, and watch a movie. Registration three days prior to the program date is required. Class Fee: \$15

#36171	May 20	F	5:30-9:30pm
#36172	Jun 17	F	5:30-9:30pm
#36173	Jul 15	F	5:30-9:30pm
#36174	Aug 19	F	5:30-9:30pm

Pony Riders

Location: Millbrook Exchange Community Ctr
Age: 3-5yrs. Hee Haw! Gallop, prance, and ride on the Pony Express. Come and play with a musical animated pony. Play fun games, craft, and fitness activities. Cowboys and Cowgirls learn the mini Texas Reel and the western weave. Goals of the class includes group interaction, structure, and cognitive development. Instructed by Khadija El McPherson. Class Fee: \$45

#36514	May 6-27	F	9:15-10:00am
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Preteens – Little Angels Club

Location: Walnut Terrace Community Center
Age: 7-11yrs. A club for girls. Activities include, but are not limited to, field trips, team building, life skills, motivational speakers, hygiene issues, etiquette, etc. No meetings on holidays. Call for more information. Class Fee: \$0

#36518	May 3-Aug 23	T	6:30-8:00pm
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Super Hero Boyz

Location: Millbrook Exchange Community Ctr
Age: 5-7yrs. Dress-up in your favorite Super Hero outfit/costume and perform easy to learn hero scenes and action activities. Play games using level variations, tunnel vision, jumps, leaps, flips, duck n' stride, and other non-contact interactive games. Instructed by Khadija El McPherson. Class Fee: \$42

#36574	May 2-23	M	4:15-5:00pm
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Super Saturday Mornings

Location: Laurel Hills Community Center
Age: 4-12yrs. Drop off your child for a fun filled morning of crafts, games, movies and more. Pizza lunch and delicious snacks are provided. Enjoy a morning of free time for yourself while we entertain your special one. Class Fee: \$15

#36167	May 14	Sa	10:30am-2:30pm
#36168	Jun 11	Sa	10:30am-2:30pm
#36169	Jul 16	Sa	10:30am-2:30pm
#36170	Aug 13	Sa	10:30am-2:30pm

Youth Escape School at Optimist Center

Location: Optimist Community Center
Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational

opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#36201	Aug 22	M	7:30am-6:00pm
#36202	Aug 23	T	7:30am-6:00pm
#36203	Aug 24	W	7:30am-6:00pm

Teen**Raleigh Youth Council**

Location: Laurel Hills Community Center
Age: 14-18yrs. Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, and fundraising as well as special events such as: Youth in Business Day, Governor's Page Week, Youth Legislative Assembly, Student Government Month, State Youth Conferences, Domino Day, and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating in different types of community service projects or need hours to fill a requirement for your school or organization, check out one of our meetings or call to find out about upcoming opportunities! The meetings take place on the second and fourth Mondays of each month. Cost: There is no membership fee but there may be additional fees for activities or conferences. Our first meeting for the new school year will be August 22. Pre-registration is not required. Class Fee: \$0

#36480	Aug 22	M	7:00-8:00pm
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State Youth Council Conferences

Location: Wade Ave. Administrative Office Bldg.
Age: 14-18 yrs. Join the Raleigh Youth Council in attending conferences across the State of North Carolina. The State Youth Council is comprised of local youth councils from across the state and meets to allow teenagers to have a say in issues they feel are important to them. Have your say and have fun on one of these exciting trips! Class Fee: \$0

Beach Leadership Conference

#33520	May 13-15	F-Su	4:00-11:00pm
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Worthdale Fun Bunch

Location: Worthdale Community Center
Age: 13-17yrs. Teens come out and enjoy social time with your peers. Play cards,

pool, fooseball, and music. Class Fee: \$0

#36564	May 6-Aug 12	F	6:00-9:00pm
#36581	May 13-Aug 19	F	6:00-9:00pm

Adult**Animal Rescue:****Dog Rescue – Golden Retriever**

Location: Pullen Community Center
Age: 18yrs and up. Neuse River Golden Retriever Rescue is an all volunteer run organization with the goal of placing abandoned, neglected, and abused Golden Retrievers into permanent loving homes. Approximately 200 to 250 Golden Retrievers are placed each year. Class Fee: \$0

#36850	Jul 28	Th	7:30-9:00pm
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Bingo Night

Location: Peach Road
Age: 18yrs and up. Come and join us to play bingo at Peach Road Neighborhood Center. Class Fee: \$1

#36845	May 4	W	6:00-7:00pm
#36846	Jun 8	W	7:00-8:00pm
#36847	Jul 6	W	7:00-8:00pm
#36848	Aug 3	W	7:00-8:00pm

Cards – Spades for Beginners

Location: Biltmore Hills Community Center
Age: 18yrs and up. Participants will enjoy a fun and relaxed atmosphere to learn the rules and strategies of this popular card game in a group setting. Class Fee: \$0

#35926	May 5-26	Th	2:00-4:00pm
#35927	Jun 2-23	Th	2:00-4:00pm
#35928	Jul 7-Aug 4	Th	2:00-4:00pm
#35929	Aug 4-Sep 1	Th	2:00-4:00pm

Chess – Excalibur Chess Club

Location: Biltmore Hills Community Center
Age: 18yrs and up. Come out and join the Excalibur Chess Club every first Saturday of the month. Class Fee: \$0

#35930	May 7	Sa	1:00-3:00pm
#35931	Jun 4	Sa	1:00-3:00pm
#35932	Jul 2	Sa	1:00-3:00pm
#35933	Aug 6	Sa	1:00-3:00pm

Classic Chevy Car Club

Location: Jaycee Community Center
Age: 18yrs and up. Car talk-Chevy style. Come join us and let's talk Classic Chevys. We meet the 4th Monday of each month except holidays. Class Fee: 75¢

#36105	May 23	M	7:00-9:45pm
#36106	Jun 27	M	7:00-9:45pm
#36107	Jul 25	M	7:00-9:45pm
#36108	Aug 22	M	7:00-9:45pm

Sertoma Arts Center – Clubs & Guilds

Interested visitors always welcome! Visit one of our many clubs that meet regularly at Sertoma Arts Center.

Cardinal Singers (auditions)	every Th	9:15am
Portrait Painters	every T	9:00am
Raleigh Miniatures Guild	1st & 3rd Th	1:00pm
Sertoma Writers Club	1st & 3rd Su	1:30pm
Capital City Camera Club	1st & 3rd M	7:45pm
Sertoma Park Artists Assoc.	every Th	9:00am
Casablanca Orchestra	every T	5:30pm
Plays for Living	contact center for info	

Cooking – Bella Italia!

Location: Peach Road

Age: 12yrs and up. Discover the wonderful world of Italian cooking! Join us to share Joe Frangiosa's Italian heritage through cooking. Students will learn how to put together a delicious meal starting with appetizers and ending with entrees and deserts. Joe will introduce participants to the beginning skills of Italian cooking. This class will cover topics like how to use the various Italian spices into the most popular dishes of several Italian regions. Students will be exposed to a variety of tastes, flavors, and smells. At the end of every class, students will be able to taste a delicious meal. Cooking handouts and door prizes will be provided. Class Fee: \$0

#36826	May 14	Sa	12:30-2:00pm
#36827	May 28	Sa	12:30-2:00pm
#36828	Jun 11	Sa	12:30-2:00pm
#36829	Jun 25	Sa	12:30-2:00pm
#36830	Jul 9	Sa	12:30-2:00pm
#36831	Aug 13	Sa	12:30-2:00pm
#36832	Aug 27	Sa	12:30-2:00pm

Dance –**Raleigh International Folk Dancers**

Location: Glen Eden Park

Age: 16yrs and up. Exercise, socialize, and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers teach newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian, and Bulgarian. No registration necessary. Classes are held at Glen Eden Pilot

Park, 1500 Glen Eden Drive. Class Fee:

Membership dues are 75¢/person/meeting.

#36149	May 6-27	F	6:00-10:30pm
#36150	Jun 3-24	F	6:00-10:30pm
#36151	Jul 1-22	F	6:00-10:30pm
#36152	Aug 5-26	F	6:00-10:30pm

Family Dance with the Elftones

Location: Durant Nature Park

Age: Adult. Join us for a magical evening in the rustic ambiance of Campbell Lodge where the Elftones (fiddle and guitar) will be making a truly special appearance. A caller will lead you in jubilant traditional dances to include contra, circle and other folk dances. Register in advance or at the door. Please look at your confirmation for directions to the Durant South entrance or call 870-2871.

Class Fee: \$5

#34488	Aug 20	Sa	7:00-9:30pm
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Games Galore Game Day

Location: Worthdale Community Center

Age: 18yrs and up. Do you enjoy the thrill of playing your favorite board or card game such as chess, checkers, dominoes, backgammon, or spades. Join other board and card game enthusiasts as they meet weekly for a little fun competition. Class Fee: \$0

#36563	May 2-Aug 31	M,W	6:30-9:30pm
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German Shepherd Dog Club

Location: Millbrook Exchange Community Ctr
Age: 18yrs and up. The purpose of the club is the improvement of the German Shepherd Dog. See club president for more information. Class Fee: \$0

#35210	May 4	W	7:00-9:00pm
#35211	Jun 1	W	7:00-9:00pm
#35212	Jul 6	W	7:00-9:00pm
#35213	Aug 3	W	7:00-9:00pm

Golden Kiwanis Club

Location: Pullen Community Center

Age: 18yrs and up. Kiwanis, an Indian word meaning 'We Build,' is a club with members interested in serving and expressing themselves in public affairs in Raleigh and adjoining areas. Annual dues are required.

#36569	May 5-Aug 25	Th	10:00-11:00am
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Pool Tournament

Location: Ralph Campbell Community Center

Age: 13-17 yrs. Pool Players are placed in a Tournament and play each other. Class Fee: \$0

#36892	May 13-Jun 3	F	7:00-9:00pm
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Raleigh – Durham Radio Club

Location: Millbrook Exchange Community Ctr

Age: 18yrs and up. This club meets to promote the different aspects of radio controlled model air craft. See Club president for more information. Class Fee: \$0

#35218	May 25	W	7:00-9:00pm
#35219	Jun 29	W	7:00-9:00pm
#35220	Jul 27	W	7:00-9:00pm
#35221	Aug 24	W	7:00-9:00pm

Tarheel Triangle Cat Fancier

Location: Millbrook Exchange Community Ctr

Age: 18yrs and up. This group meets to discuss different issues related to the breeding of long-haired and short-haired cats.

Members discuss topics that help enhance their knowledge of cats. See club leader for more information. Class Fee: \$0

#35214	May 11	W	6:30-8:30pm
#35215	Jun 8	W	6:30-8:30pm
#35216	Jul 13	W	6:30-8:30pm
#35217	Aug 10	W	6:30-8:30pm

Family**Bubble Fest**

Location: Optimist Community Center

Age: 1-100mths. Come join us for good, clean fun at our first BubbleFest. Children and adults of all ages will enjoy the science and fun of bubbles. Participants can explore the magic wonder of bubbles at different bubble activity stations. Activities will include the opportunity to make a variety of different bubble types, sizes, colors and shapes. Each child will receive a certificate as an official Parks and Recreation Bubbleologist. Great Family Fun! Pre-registration is required. Class Fee: \$2

#36871	Jun 10	F	6:00-8:00pm
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Drum Circles

Location: Lake Johnson

Age: 6yrs and up. Drum circles are a growing phenomenon across the U.S. and have been likened to 'rhythm parties' at which no

musical expertise is necessary to join in the fun. No experience is necessary. Loaner drums are usually available—feel free to drop by and sit in. Everyone has something to offer the circle and all are welcome. Drum circles meet every first and 3rd Monday of the month. Class Fee: \$2

#36692	May 2-Aug 15	M	7:00-9:00pm
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In Harmony with Nature

Location: Durant Nature Park

Age: All Ages. One of the simplest and best things in life is music around a camp fire. Bring a folding chair or blanket for the grass. All programs will move inside the Training Lodge if weather is a concern. All ages welcome (under 5 years Free). Register in advance or at the door.

In June, we invite you to join Mara Shea of the Elftones on the fiddle and award winning Rick Davis on the hammered dulcimer for a selection of traditional tunes from Old-Time and Irish and Scottish traditions.

In the merry month of May, a drum facilitator with Carboro's Music Explorium will lead you in establishing a powerful group rhythm.

Drums and various rhythm instruments will be provided or bring your own. Class Fee: \$5

Traditional Fiddle and Hammered Dulcimer

#34483	Jun 3	F	7:30-8:30pm
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Community Drum Circle

#34484	May 13	F	7:00-8:30pm
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Movie Night

Location: Lake Johnson

Age: 5yrs and up. Come join us at Lake Johnson for a fun filled night. All movies will be PG rated or lower. Bring the whole family or drop off the kids for a night alone! Free popcorn and drink will be provided. Movies to be determined. Children under 5 years of age must be accompanied by an adult. Call for more information. 233-2121. Class Fee: \$0

#36790	Jun 17	F	6:00-9:00pm
#36791	Aug 12	F	6:00-9:00pm

Red Cross Fundamentals of Sailing

Location: Lake Johnson

Age: All Ages. Age 12 and up. Let's get ready for summer and enjoy sailing at beautiful Lake Johnson. Whether you are a first time sailor or need a refresher course in this exciting sport, our Red Cross Fundamentals of Sailing class is for you. Instruction includes: terminology, basic sailing theory and practice, rigging and safety procedures. No previous sailing experience is necessary. All of the materials and equipment are included.

Enrollment is limited, and courses are already filling. Our fleet are Sunfish, the most popular sailboat worldwide. Saturday class includes

1 hour break for lunch. Class Fee: \$40

#36769	May 9-12	M,Th	6:00-9:00pm
#36770	May 16-19	M,Th	6:00-9:00pm
#36771	May 23-26	M,Th	6:00-9:00pm
#36772	May 30-Jun 2	M,Th	6:00-9:00pm
#36773	Jun 6-9	M,Th	6:00-9:00pm
#36774	Jun 13-16	M,Th	6:00-9:00pm
#36775	Jun 20-23	M,Th	6:00-9:00pm
#36776	Jun 27-30	M,Th	6:00-9:00pm

Fundamentals of Sailing continued next page —

#36777	Jul 4-7	M,Th	6:00-9:00pm
#36778	Jul 11-14	M,Th	6:00-9:00pm
#36779	Jul 23	Sa	9:00am-4:00pm
#36780	Jul 25-29	M,Th	6:00-9:00pm
#36781	Aug 1-4	M,Th	6:00-9:00pm

Summer Health Fun Fest

Location: Peach Road

Age: 1yrs and up. Come join us for a summer welcoming celebration! Enjoy plenty of fun activities, games, music, free food and prizes. Learn about the different agencies and programs available in our community. This event is offered in conjunction with the City of Raleigh Community Services Department. Class Fee: \$0

#36802	Jun 11	Sa	10:00am-12:00pm
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Senior

Ballroom Dance – Wednesday Club

Location: Pullen Community Center

Age: 55yrs and up. Dance to the music of different live bands every Wednesday evening. Weekly Admission.

#36530	May 4-Aug 24	W	8:00-10:30pm
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Bingo

Location: Pullen Community Center

Age: 55yrs and up. Enjoy two hours of Bingo every 2nd and 4th Wednesday of the month. \$1 for 3 cards.

#36558	May 11-Aug 24	W	2:00-4:00pm
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Bingo – Carriage House

Location: Wade Ave. Administrative Office Bldg.

Age: 55yrs and up. Carriage House is located at 116 St. Mary's Street. This facility offers Bingo to senior adults. For more information on this program, please call 831-6851.

#37393	Apr 11-Aug 1	M	1:30-3:00pm
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Bingo – Glenwood Towers

Location: Wade Ave. Administrative Office Bldg.

Age: 55yrs and up. This program is offered at Glenwood Towers, which is located at 509 Glenwood Avenue. For more information on this program, please call 831-6851.

#37394	Apr 6-Jul 27	W	1:30-3:00pm
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Bingo at Green Road for Seniors

Location: Green Road Community Center

Age: 55yrs and up. Join us on Tuesdays for a fun-filled morning of bingo. Cost \$1 for 3 cards.

#36236	May 3-31	T	9:30-11:30am
#36237	Jun 7-28	T	9:30-11:30am
#36238	Jul 5-26	T	9:30-11:30am
#36239	Aug 2-30	T	9:30-11:30am

Bingo Bonanza

Location: Millbrook Exchange Community Ctr

Age: 55yrs and up. Enjoy two hours of Bingo every Friday of the month. Bring a lunch! There will be no Bingo on March 25th. Cost is \$1 for 3 cards.

#35226	May 6-27	F	9:30-11:30am
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Bingo – Stonehenge Apartment

Location: Wade Ave. Administrative Office Bldg.

Age: 55-112yrs. Stonehenge Apartments is located at 7303 Hillhenge Court. This facility offers Bingo to senior adults. For more information on this program, please call 831-6851. This activity is offered on the 1st and 3rd Thursday of the month.

#37405	Apr 7-Jul 28	Th	9:45-10:45am
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Book Club for Seniors at Green Road

Location: Green Road Community Center

Age: 55yrs and up. Join the Green Road Library staff at the Green Road Community Center on the third Thursday of each month to discuss the book selection of the month.

#36244	May 19	Th	10:00-11:30am
#36245	Jun 16	Th	10:00-11:30am
#36246	Jul 21	Th	10:00-11:30am
#36247	Aug 18	Th	10:00-11:30am

Bridge Tournament

Location: Pullen Community Center

Age: 55yrs and up. Partners required. Enjoy two days of bridge playing in a tournament. Class Fee: \$5

#36590	Aug 25-26	Th-F	1:30-4:30pm
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Card Night for Adults

Location: Millbrook Exchange Community Ctr

Age: 55yrs and up. Want a place to play cards? Come out to Millbrook and play a hand of cards and socialize with friends.

#35230	May 6-Aug 26	F	7:00-9:00pm
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Pullen Park Golden Age Club

Location: Pullen Community Center

Age: 55yrs and up. This club is one of the 44 clubs in Raleigh, and the members meet every Wednesday. Activities include bridge and other card games; luncheons, and special events. We welcome new members. Annual dues are \$12.

#36575	May 4-Aug 31	W	9:30-12:00pm
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Senior Bingo

Location: Roberts Park Community Center

Age: 55yrs and up. Spell B-I-N-G-O horizontally, vertically or diagonally and win great prizes. Cost is \$2 for 3 cards. Class Fee: \$2

#36682	May 11	W	12:00-1:30pm
#36683	Jun 8	W	12:00-1:30pm
#36684	Jul 13	W	12:00-1:30pm
#36691	Aug 10	W	12:00-1:30pm

Senior Club – Carolina Pines

Location: Carolina Pines Community Center

Age: 55yrs and up. Join this group of Seniors as they meet once per month for fun and fellowship. Individuals are invited to join us for trips, seminars, bingo, entertainment, home cooked meals, restaurant visits, tours and anything else we plan to do. Dues \$10 per year. Call Carolina Pines for schedule 831-6435.

#35958	May 11	W	10:00am-12:00pm
#35959	Jun 8	W	10:00am-12:00pm
#35960	Jun 15	W	10:00am-12:00pm

Seniors – Friendship Club

Location: Walnut Terrace Community Center
Age: 50yrs and up. Designed for the young-at-heart. Activities include arts and crafts, ceramics, field trips, community service projects, guest speakers and good ole-fashion fun and fellowship. Class Fee: \$0

#36454	May 4-25	W	10:30am-2:00pm
#36455	Jun 1-22	W	10:30am-2:00pm
#36456	Jul 6-Aug 3	W	10:30am-2:00pm
#36457	Aug 3-24	W	10:30am-2:00pm

Seniors – Gamesters

Location: Lake Lynn Community Center

Age: 55yrs and up. Our seniors at Lake Lynn know how to have fun. They love their sports, games, ping pong and cards. The fun group of seniors meets monthly on Tuesdays evenings, 6:00-8:00pm May through August. Come join them. Class Fee: \$0

#36104	May 3-Aug 23	T	7:30-9:00pm
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Singing – Carriage House

Location: Wade Ave. Administrative Office Bldg.

Age: 55yrs and up. Carriage House is located at 116 St. Mary's Street. This facility offers singing for senior adults. For more information on this program, please call 831-6851. Class Fee: \$0

#37401	Apr 11-Aug 1	M	3:00-4:00pm
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Singing – Joyful Chorus

Location: Pullen Community Center

Age: 55yrs and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups, and events. Practices are held at Pullen Community Center. Class Fee: \$0

#36854	May 2-23	M	10:00-11:00am
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The Club for Senior Americans

Location: Roberts Park Community Center

Age: 55yrs and up. A social club for persons 55 and older. Activities include trips, educational activities, fitness, banquets, movies, music, speakers, special events and more. Class Fee: \$0

#36497	May 4-25	W	10:30am-12:00pm
#36498	Jun 1-22	W	10:30am-12:00pm
#36499	Aug 24-31	W	10:30am-12:00pm

Specialized Recreation

Youth

Kids Club

Location: Brentwood Park

Age: 6yrs and up. Kids club is for youth with developmental and/or Physical disabilities. We will meet at least once a month for recreational activities. Parents are encouraged to join us for an organizational meeting to determine the kinds of activities that will be offered. Both family and 'kids only' programs will be offered. This is a family friendly event and pizza will be served. The registration fee

The first wealth is health. Emerson

is to cover the cost of pizza. There is no fee for the meeting. For more information, please contact Jennifer Tabery at 831-6640, ext.6848. Class Fee: \$5
#36428 Aug 26 F 6:00-7:30pm

Youth Club Meeting & Pizza Party

Location: Laurel Hills Community Center
Age: 12-21yrs. This club is designed for individuals in middle school or high school, with developmental and/or physical disabilities who can function independently on a 1:4 ratio. The club meets at least one time per month for recreation, leisure, social and community interest activities. An array of activities ranging from movies, dinner, local sporting events, overnight trips, etc. will be decided on by the club members. The focus of the club is to perpetuate friendships and leisure awareness through increased social activity. For those adults 17-21 that are still in school, you have the choice of participating in either Youth Club or Adult Club. Due to limited space, you will not be allowed to participate in both clubs' activities. If you are not sure which club to sign up for, please contact the instructor. Cost and registration will be individual for each activity. Anyone interested should contact Jennifer Tabery at 831-6640, ext. 6848 for more information. Class Fee: \$0
#35185 Aug 22 M 6:00-7:30pm

Adult

Adult Recreational Bowling

Location: AMF South Hills
Age: 17yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 18 games of bowling and shoe rental. This program is held at AMF South Hills in Cary. For more information, contact Carmen Rayfield at 831-6640 ext.6845. Class Fee: \$40
#36013 Jul 9-Sep 3 Sa 10:00am-12:00pm

End of the Summer Dance

Location: Faith Lutheran Church
Age: 14yrs and up. This program is designed for individuals with developmental and/or physical disabilities. Come and join your friends at an end of the summer back to school Hawaiian Dance. We will have a live DJ with the top hits and some oldies but goodies. Bring a date, friend or meet someone new. Parents, friends and workers are welcome. Refreshments will be available. Wear your shorts or Hawaiian outfits. Bring school supplies to donate to the less fortunate, not required. For more information,

contact Carmen Rayfield at 831-6640 ext.6845. Class Fee: \$3
#36087 Aug 20 Sa 7:00-10:00pm

Fun Day for the Dragon/Wildcats Club

Location: Eastgate Park
Age: 17yrs and up. Come join us for a day of food and fun with your friends. We will have a potluck barbecue, play games and go to the swimming pool/spray park. Please call Carmen to let her know what you will be bringing for the pot luck. This club is for adults with developmental and/or physical disabilities who can function independently on a 4:1 ratio or for individuals that have one-on-one assistance. Members will determine the activities, schedule, etc., ranging from dinner and movies to an overnight trip. The focus of the club is to provide community awareness, increase social activities and interests along with developing and enhancing friendships and a sense of belonging. For those adults 17-21 that are still in school you have the choice of participating in either Youth Club or Adult Club. Due to limited space, you will not be allowed to participate in both clubs activities. If you are not sure which club to sign up for, please contact the instructor. Fee for this meeting is established to cover the cost of dinner & activities. Contact Carmen Rayfield at 831-6640 ext 6848 for more information on this program. Class Fee: \$10
#36023 Jun 25 Sa 11:30am-4:30pm

Line Dance Your Way to Fitness

Location: Jaycee Community Center
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come learn some new dance moves while you get into shape. This line dancing class will include Country as well as Hip Hop. Family members, friends and workers are welcome. Contact Carmen Rayfield at 831-6640 ext 6848 for more information on this program. Class Fee: \$20
#36012 Jul 11-Aug 8 M 6:30-7:30pm

Morehead City Beach Trip

Location: Wade Ave. Administrative Office Bldg.
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Spend a day at Morehead City. We will be doing a tide walk with a Marine Biologist, shopping, and sight seeing. Bring a sack lunch and at least \$10 for snacks/ souvenirs. For more information on this program, contact Carmen Rayfield at 831-6640 ext.6845. Class Fee: \$20
#36084 Aug 15 M 7:30am-7:00pm

Move that Body

Location: Jaycee Community Center
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come join your

friends, get into shape or just keep in shape with aerobics. Go at your own pace, high, low or just go with the flow. There is no one-on-one assistance available for this program. Family members, friends and workers are welcome. For more information on this program, contact Carmen Rayfield at 831-6640 ext.6845. Class Fee: \$20
#35987 Jun 1-29 W 6:30-7:30pm

Scrapbook Night

Location: Jaycee Community Center
Age: 17yrs and up. Come Crop with us. Never scrapbooked before? This is a great place to start! Bring your pictures, album, and materials and work while you socialize with your friends. Cutting equipment will be available for your use along with some stickers and paper. All are welcome, however, 1:1 assistance is not available. A Creative Memories consultant will be available for questions and supplies. Refreshments will be available. For more information on this program, contact Carmen Rayfield at 831-6640 ext 6845. Class Fee: \$7
#35983 May 27 F 6:30-10:00pm
#35984 Jun 10 F 6:30-10:00pm
#35985 Jul 15 F 6:30-10:00pm
#35986 Aug 26 F 6:30-10:00pm

Shuffleboard for Adults

Location: Millbrook Exchange Community Ctr
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come and learn how to play shuffleboard with your friends! For more information on this program, contact Carmen Rayfield at 831-6640 ext.6845. Class Fee: \$5
#35981 May 17-Jun 14 T 6:30-7:30pm

Snorkeling for Beginners

Location: to be announced
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. In this program you will learn to use a mask, snorkel and fins to gently glide on top of the water. This would be a great activity to use to see underwater nature. It is highly recommended that those participants going on the 2005 Caribbean Cruise take this program. This program will not teach you how to swim, you should be comfortable putting your face in the water. If you are uncomfortable in the water, please take a swimming class before attending this program. The time and location for this class is TBD. For more information, contact Carmen Rayfield at 831-6640 ext.6845. Class Fee: \$20
#36020 May 19 Th
Jun 16 Th
Jul 21 Th
Aug 25 Th
Sep 22 Th

Specialized Recreation continued next page —

Specialized Recreation continued —

Wet n' Wild Day Trip

Location: Wade Ave. Administrative Office Bldg.
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Spend the day at Wet n' Wild relaxing and enjoying the slides. This trip is for those that enjoy going down water slides (you do not have to go down them all). You do not need to know how to swim to enjoy this trip, but you must be comfortable in the water. You must be willing to stay with the group and be easily mobile up and down ramp inclines. Cost for meals and snacks are not included in the fee. Please bring at least \$15 for lunch and snacks. For more information on this program, contact Carmen Rayfield at 831-6640 ext.6845. Class Fee: \$27
#36030 Jul 16 Sa 8:00am-6:30pm

Family**Instructional Swim**

Age: 4yrs and up. Classes are designed to serve the aquatic interest of individuals who are developmentally disabled (EMD, TMD, SMD, MU, or Autistic) or physically impaired. The focus is placed on aquatic therapy, exercise, swim skills, recreation, and water adjustment skills. Individual goals are set for participants in order to meet specific ability levels. Classes are instructed on an individual basis and small group (1:1 or 1:2) basis depending on specific needs of the participants. Lap lanes will not be available for this course. For more information, contact Stephanie Stancil at 831-6640, ext 6849. Class Fee: \$30

Location: Chavis Pool

#37441	Jun 13-16	M-Th	4:00-4:30pm
#37442	Jun 13-16	M-Th	4:45-5:15pm
#37443	Jun 13-16	M-Th	5:30-6:00pm
#37444	Jun 20-23	M-Th	4:00-4:30pm
#37445	Jun 20-23	M-Th	4:45-5:15pm
#37446	Jun 20-23	M-Th	5:30-6:00pm
#37447	Jun 27-30	M-Th	4:00-4:30pm
#37448	Jun 27-30	M-Th	4:45-5:15pm
#37449	Jun 27-30	M-Th	5:30-6:00pm

Location: Lake Johnson Pool

#35576	Jul 11-14	M-Th	8:00-8:30am
#35577	Jul 11-14	M-Th	8:45-9:15am
#35578	Jul 11-14	M-Th	9:30-10:00am
#35579	Jul 18-21	M-Th	8:00-8:30am
#35560	Jul 18-21	M-Th	8:45-9:15am
#35561	Jul 18-21	M-Th	9:30-10:00am
#35562	Jul 25-28	M-Th	8:00-8:30am
#35563	Jul 25-28	M-Th	8:45-9:15am
#35564	Jul 25-28	M-Th	9:30-10:00am

Location: Optimist Pool

#37453	Jun 13-16	M-Th	9:00-9:30am
#35566	Jun 13-16	M-Th	9:45-10:15am
#35567	Jun 13-16	M-Th	10:30-11:00am
#35601	Jun 20-23	M-Th	9:00-9:30am
#35602	Jun 20-23	M-Th	9:45-10:15am
#35603	Jun 20-23	M-Th	10:30-11:00am
#35599	Jun 27-30	M-Th	9:00-9:30am
#35585	Jun 27-30	M-Th	9:45-10:15am
#35586	Jun 27-30	M-Th	10:30-11:00am
#37450	Jul 11-14	M-Th	4:00-4:30pm
#37451	Jul 11-14	M-Th	4:45-5:15pm

#37452	Jul 11-14	M-Th	5:30-6:00pm
#35606	Jul 18-21	M-Th	4:00-4:30pm
#35593	Jul 18-21	M-Th	4:45-5:15pm
#35594	Jul 18-21	M-Th	5:30-6:00pm
#35595	Jul 25-28	M-Th	4:00-4:30pm
#35570	Jul 25-28	M-Th	4:45-5:15pm
#35571	Jul 25-28	M-Th	5:30-6:00pm
#35572	Aug 1-4	M-Th	4:00-4:30pm
#35974	Aug 1-4	M-Th	4:45-5:15pm
#35573	Aug 1-4	M-Th	5:30-6:00pm

Stay in Shape

Location: Optimist Pool

Age: 8yrs and up. Classes are designed to serve the aquatic interest of individuals who are developmentally disabled (EMD, TMD, SMD, MU, or Autistic) or physically impaired. Emphasis is placed on stroke improvement and swimming endurance. Goals are set on an individual basis. Participant must be at least 8 years old, able to swim 2 strokes and able to function on a 1:4 ratio. For more information, contact Stephanie Stancil at 831-6640, ext 6849. Class Fee: \$75
#35972 Jul 11-Aug 3 M,W 4:00-6:00pm
#35973 Jul 12-Aug 4 T,Th 4:00-6:00pm

Sports**Preschool****Baseball – Kinder T-Ball**

Location: Jaycee Community Center

Age: 4-6yrs. Let's play ball! Come learn about batting, fielding, and base running in a noncompetitive setting. Class Fee: \$28
#36100 May 3-24 T 1:00-1:45pm

Baseball for Little Sluggers

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. Crack! It's going, going ...gone! For the young baseball enthusiasts wanting to learn about the game and prepare for their first years of playing. Class Fee: \$30
#35125 May 2-23 M 5:30-6:15pm

Basketball – KidsHoops

Location: Green Road Community Center

Age: 3-5yrs. Let's shoot some hoops! Skills and teamwork of basketball are taught to the younger crowd. Drills, demonstrations, and games are used to get you in the game! Class Fee: \$28
#36606 May 3-24 T 5:30-6:30pm

Basketball – Kinderbasketball

Location: Optimist Community Center

Age: 4-5yrs. A wonderful introductory sports class that focuses on the fundamental skills of basketball each week. Participants will be introduced to basketball skills such as passing, dribbling, and shooting in a safe, non-competitive environment. Class Fee: \$28
#35994 May 3-24 T 5:45-6:30pm
#35999 Jul 7-28 Th 5:45-6:30pm

Basketball – Not So Short Shooters

Location: Laurel Hills Community Center

Age: 3-5yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Class Fee: \$32

#36267	May 3-24	T	4:15-5:00pm
#36268	Jun 7-28	T	4:15-5:00pm
#36269	Jul 5-26	T	4:15-5:00pm
#36272	Aug 2-23	T	4:15-5:00pm

Basketball for Little Dribblers

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. For the young basketball enthusiasts wanting to learn about the game and prepare for their first years on the court.

Class Fee: \$30

#35127	May 5-26	Th	5:30-6:15pm
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Football for Little Linebackers

Location: Millbrook Exchange Community Ctr

Age: 4-5yrs. Hut one, hut two... hike! Go long! Touchdown! This class is for the young football enthusiasts wanting to learn about the game and prepare for their first years on the gridiron. Class Fee: \$30
#35129 May 3-24 T 5:30-6:15pm

Football – Kinderfootball

Location: Optimist Community Center

Age: 4-5yrs. Children will learn basic football skills in a non contact, non competitive environment. Child self esteem will increase while athletic skills are developed. Skills to be worked on include passing, kicking, punting, catching, and running. Class Fee: \$28

#36194	Jun 2-23	Th	5:45-6:30pm
#36195	Aug 9-30	T	5:45-6:30pm

Golf – Kinder Golf I

Location: Jaycee Community Center

Age: 4-6yrs. Kinder Golf I is an introduction to golf. The basics of swing, putting, and grip will be discussed. Class Fee: \$28

#36109	May 5-26	Th	4:00-4:45pm
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Hockey – Kinder Indoor Hockey

Location: Jaycee Community Center

Age: 4-6yrs. Give indoor hockey a try! Bring your tennis shoes and be ready for some fun. We'll work on the fundamentals as we introduce you to this exciting, fast paced game. Class Fee: \$28

#36111	May 4-25	W	4:00-4:45pm
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Soccer – Kidsoccer

Location: Green Road Community Center

Age: 3-5yrs. Goal! Want to learn the basics of soccer? Then come on out. Soccer skills taught and teamwork emphasized. Class Fee: \$28

#36622	May 6-27	F	1:15-2:00pm
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Soccer – Kinder Soccer

Location: Jaycee Community Center

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Soccer focuses on skills such as dribbling, passing, kicking, and ball control. Class Fee: \$28

#36119	May 2-23	M	1:00-1:45pm
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Soccer – Little Kickers at Laurel Hills

Location: Laurel Hills Community Center
Age: 3-5yrs. A recreational soccer program that includes drills such as passing, dribbling, and shooting that are designed to develop hand/eye/foot coordination as well as confidence in a fun, noncompetitive atmosphere. Class Fee: \$32

#36333	May 4-25	W	4:15-5:00pm
#36334	Jun 1-22	W	4:15-5:00pm
#36335	Jul 6-27	W	4:15-5:00pm
#36336	Aug 3-24	W	4:15-5:00pm
#36337	May 7-28	Sa	12:15-1:00pm
#36338	Jun 11-Jul 2	Sa	12:15-1:00pm
#36339	Jul 16-30	Sa	12:15-1:00pm

Soccer for Little Kickers at Millbrook

Location: Millbrook Exchange Community Ctr
Age: 4-5yrs. For the young soccer enthusiasts wanting to learn about the game and prepare for their first years on the field. Class Fee: \$30

#35131	May 4-25	W	5:30-6:15pm
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Soccer – Kindersoccer

Location: Optimist Community Center
Age: 4-5yrs. A wonderful introductory sports class that focuses on the fundamental skills of soccer. Participants will be introduced to soccer skills such as dribbling, passing, and shooting in a safe, noncompetitive environment. Class Fee: \$28

#36184	May 5-26	Th	5:45-6:30pm
#36189	Jul 12-Aug 2	T	5:45-6:30pm

Sports – Kindersports

Location: Optimist Community Center
Age: 4-5yrs. A wonderful introductory sports class that focuses on fundamental skills of a different sport each week. Participants will be introduced to soccer, baseball, basketball, and football skills in a safe, non-competitive environment. Class Fee: \$28

#36196	Aug 4-25	Th	5:45-6:30pm
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T-Ball – Kinderteeball

Location: Optimist Community Center
Age: 4-5yrs. A wonderful introductory sports class that focuses on the fundamental skills of t-ball each week. Participants will be introduced to baseball skills such as throwing, catching, and hitting in a safe, non-competitive environment. Class Fee: \$28

#36000	Jun 7-28	T	5:45-6:30pm
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T-Ball – Little Sluggers

Location: Laurel Hills Community Center
Age: 3-5yrs. Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, non-competitive atmosphere. Class Fee: \$32

#36327	May 5-26	Th	4:15-5:00pm
#36328	Jun 2-23	Th	4:15-5:00pm
#36329	Jul 7-28	Th	4:15-5:00pm
#36330	Aug 4-25	Th	4:15-5:00pm

Terrific Threes

Location: Jaycee Community Center
Age: 3yrs. Terrific Threes is a special class strictly for three year olds. The class is designed to enhance hand-eye coordination and confidence through sports such as soccer, basketball, t-ball, and other activities. This class is taught in a noncompetitive format. Class Fee: \$25

#36120	May 4-25	W	1:00-1:30pm
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Youth

2-on-2 Basketball RCC

Location: Ralph Campbell Community Center
Age: 8-12yrs. Come and Showcase your skills. Group aged competitions. Also individual shoot out contest. Trophies will be awarded. Class Fee: \$0

#36893	May 26	Th	4:00-5:00pm
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Baseball – Coach Pitch

Location: North Hills Park
Age: 7-8yrs. Didn't get enough baseball in the Spring? Then sign up for more fun with Optimist Community Center's coach pitch baseball. This late summer league will be offered for the following age group: 7-8. League age is determined by the participant's age as of July 31, 2005. Games and practices will be held at North Hills Park. Class Fee: \$43

#36870	Jul 11-Sep 9	M-F	6:00-8:00pm
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Baseball Fundamentals

Location: Millbrook Exchange Community Ctr
Age: 6-9yrs. Come out and practice baseball fundamentals. Practice running bases, hitting, field position, and pitching. Class Fee: \$30

#35187	May 2-23	M	6:30-7:15pm
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Baseball Preseason Clinic

Location: Millbrook Exchange Community Ctr
Age: 10-12yrs. Keep your skills sharp and get ready for the upcoming fall baseball season. This clinic will get you a step ahead of the competition. Hitting, fielding, catching, throwing, and base running will be covered in a fun and informative way. Class Fee: \$15

#36508	Aug 8-11	M-Th	6:00-8:00pm
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Basketball – Around the World Clinic

Location: Roberts Park Community Center
Age: 10-12yrs. A basketball skills development program for 7-9 year olds. Around the World on the Hard Court. Each participant will receive individualized instruction on passing, dribbling, shooting and free throw development. Emphasis is placed on the building of confidence, learning how to achieve, team work and sportsmanship. Class Fee: \$20

#33496	Aug 5-26	F	6:30-8:00pm
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Basketball Skills

Location: Millbrook Exchange Community Ctr
Age: 6-9yrs. Join us as we improve on our 'skills' and the fundamentals of basketball. Dribbling, passing, shooting, one-on-one, offense, defense, and drills. Class Fee: \$30

#35188	May 5-26	Th	6:30-7:15pm
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Net Burners I

Location: Green Road Community Center
Age: 7-9 yrs. For boys and girls, Green Road Center offers on Tuesday nights, four weeks of basketball instruction. This clinic will concentrate on the fundamentals such as sportsmanship, defense and offense, positioning, and rules & regulations for the beginning and the more advanced basketball player. Class Fee: \$28

#36604	May 3-24	T	6:45-7:45pm
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Net Burners II

Location: Green Road Community Center
Age: 10-12yrs. For boys and girls, Green Road Center offers on Tuesday nights, four weeks of basketball combining shooting skills and fundamentals. This class will include basic and advanced instruction of

Net Burners continued next page —



Net Burners continued —

basketball skills. Individual fundamentals of ball handling, shooting, passing and dribbling will be stressed. Class Fee: \$28
#36605 Jun 7-28 T 6:45-7:45pm

Soccer – Skills and Fundamentals

Location: Optimist Community Center
Age: 5-6yrs. Brush up on your fundamentals of soccer with this four week tune up program. All sessions will be designed to improve individual skills. Class Fee: \$35
#36864 May 5-26 Th 7:00-8:00pm
#36866 Jun 7-28 T 7:00-8:00pm
#36867 Jul 7-28 Th 7:00-8:00pm
#36868 Aug 9-30 T 7:00-8:00pm

Soccer Skills

Location: Millbrook Exchange Community Ctr
Age: 6-9yrs. Come join to improve your child's soccer skills. This class will focus on the basic fundamentals of soccer: dribbling, passing, shooting, one-on-one, offense-defense, and drills. Class Fee: \$30
#35189 May 4-25 W 6:30-7:15pm

Tennis Jr Ladder Bronze Level

Location: Millbrook Tennis Center
Age: 8-18yrs. Competitive singles ladder play for boys and girls at the Bronze level. This is the entry level of competitive play, usually the players who have recently started playing full court matches. You will be emailed an updated ordered list of the other participants and the ladder rules. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime during the first six weeks of the session. Class Fee: \$24
#36920 Jun 6-Aug 1

Tennis Jr Ladder Gold Level

Location: Millbrook Tennis Center
Age: 12-18yrs. Competitive singles ladder play for boys and girls at the Gold level. This is the highest level of play, usually the best area high school players. You will be emailed an updated ordered list of the other participants and the ladder rules. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime during the first six weeks of the session. Class Fee: \$24
#36921 Jun 6-Aug 1

Tennis Jr Ladder Silver Level

Location: Millbrook Tennis Center
Age: 10-18yrs. Competitive singles ladder play for boys and girls at the Silver level. This is a high level of play, usually high school players and the best area middle school players. You will be emailed an updated ordered list of the other participants and the ladder rules. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime during the first six weeks of the session. Class Fee: \$24

#36922 Jun 6-Aug 1

Tennis Jr Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$48

Millbrook Tennis Center

#37016	May 2-18	M,W	4:00-5:00pm
#37017	May 3-19	T,Th	5:00-6:00pm
#37020	May 7-Jun 11	Sa	9:00-10:00am
#37021	Jun 6-22	M,W	4:00-5:00pm
#37022	Jun 7-23	T,Th	5:00-6:00pm
#37025	Jul 6-25	M,W	4:00-5:00pm
#37026	Jul 7-26	T,Th	5:00-6:00pm
#37029	Jul 9-Aug 13	Sa	9:00-10:00am
#37030	Aug 1-17	M,W	4:00-5:00pm
#37031	Aug 2-18	T,Th	5:00-6:00pm

Lake Lynn

#37040	May 2-18	M,W	4:00-5:00pm
#37045	Jun 6-22	M,W	4:00-5:00pm
#37047	Jul 6-25	M,W	4:00-5:00pm
#37048	Aug 1-17	M,W	4:00-5:00pm

Pullen

#37052	May 2-18	M,W	4:00-5:00pm
#37057	Jun 6-22	M,W	4:00-5:00pm
#37058	Jul 6-25	M,W	4:00-5:00pm
#37059	Aug 1-17	M,W	4:00-5:00pm

Tennis Jr Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass,

players must successfully demonstrate these techniques while playing a match. Class Fee: \$48

Millbrook Tennis Center

#37060	May 2-18	M,W	4:00-5:00pm
#37061	May 3-19	T,Th	5:00-6:00pm
#37064	May 7-Jun 11	Sa	10:00-11:00am
#37065	Jun 6-22	M,W	4:00-5:00pm
#37066	Jun 7-23	T,Th	5:00-6:00pm
#37073	Jul 6-25	M,W	4:00-5:00pm
#37075	Jul 5-21	T,Th	5:00-6:00pm
#37077	Jul 9-Aug 13	Sa	9:00-10:00am
#37078	Aug 1-17	M,W	4:00-5:00pm
#37079	Aug 2-18	T,Th	5:00-6:00pm

Lake Lynn

#37082	May 2-18	M,W	5:00-6:00pm
#37087	Jun 6-22	M,W	5:00-6:00pm
#37091	Jul 6-25	M,W	5:00-6:00pm
#37092	Aug 1-17	M,W	5:00-6:00pm

Pullen

#37096	May 2-18	M,W	5:00-6:00pm
#37101	Jun 6-22	M,W	5:00-6:00pm
#37102	Jul 6-25	M,W	5:00-6:00pm
#37103	Aug 1-17	M,W	5:00-6:00pm

Tennis Jr Level 3

Location: Millbrook Tennis Center
Age: 8-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$48

#36996	May 2-18	M,W	5:00-6:00pm
#36997	May 3-19	T,Th	4:00-5:00pm
#36998	May 7-Jun 11	Sa	11:00am-12:00pm
#36999	Jun 6-22	M,W	5:00-6:00pm



#37000	Jun 7-23	T,Th	4:00-5:00pm
#37002	Jul 6-25	M,W	5:00-6:00pm
#37003	Jul 5-21	T,Th	4:00-5:00pm
#37004	Jul 9-Aug 13	Sa	11:00am-12:00pm
#37005	Aug 1-17	M,W	5:00-6:00pm
#37006	Aug 2-18	T,Th	4:00-5:00pm

Tennis Jr Level 4

Location: Millbrook Tennis Center

Age: 10-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$48

#37007	May 3-19	T,Th	4:00-5:00pm
#37008	May 7-Jun 11	Sa	12:00-1:00pm
#37009	Jun 7-23	T,Th	4:00-5:00pm
#37010	Jul 5-21	T,Th	4:00-5:00pm
#37011	Jul 9-Aug 13	Sa	12:00-1:00pm
#37012	Aug 2-18	T,Th	4:00-5:00pm

Tennis Jr Level 5 – Advanced Drills

Location: Millbrook Tennis Center

Age: 10-18yrs. Must be able to hit topspin and underspin during matches, this class has less instruction and more drilling. We don't work on your technique, we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class Fee: \$48

#37325	May 2-18	M,W	5:00-6:00pm
#37326	Jun 6-22	M,W	5:00-6:00pm
#37327	Jul 6-25	M,W	5:00-6:00pm
#37328	Aug 1-17	M,W	5:00-6:00pm

Tennis Jr Match Play

Location: Millbrook Tennis Center

Age: 8-18yrs. This is match play. Players will be grouped for singles and/or doubles play during this 2 hour session. Must be able to play full court tennis to sign up for this class. Instruction will be minimal.

Matches will be monitored by an on court coach. Class Fee: \$24

#36992	May 6-20	F	4:00-6:00pm
#36993	Jun 10-24	F	4:00-6:00pm
#36994	Jul 8-22	F	4:00-6:00pm
#36995	Aug 12-26	F	4:00-6:00pm

Tennis Jr Team Bronze Level

Location: Millbrook Tennis Center

Age: 8-18yrs. Junior Team Tennis at the Bronze level, for girls and boys who can play full court tennis, keep score, serve from the baseline and have played singles and doubles matches and are fairly new to competition. This program includes a weekly practice and a Saturday match against city, club and subdivision teams. At practice you will work on strokes, shot combinations and singles and doubles strategy. The Saturday matches will last for 1.5 hours. Tryouts for new players to the league will be March 10th and 12th. Class Fee: \$35

#37330 Jun 6-Aug 1

Tennis Jr Team Gold Level

Location: Millbrook Tennis Center

Age: 8-18yrs. Junior Team Tennis at the Gold level, for girls and boys who have had an extensive amount of match play experi-

ence. Typically these players are top area high school players who have done well in tournament play. This program includes a weekly practice and a Saturday match against city, club and subdivision teams. At practice you will work on strokes, shot combinations and singles and doubles strategy. The Saturday matches will last for 1.5 hours. Tryouts for new players to the league will be March 10th and 12th. Class Fee: \$35

#37331 Jun 6-Aug 1

Tennis Jr Team Silver Level

Location: Millbrook Tennis Center

Age: 8-18yrs. Junior Team Tennis at the Silver level, for girls and boys who have had a lot of match competition experience.

Typically these players are top middle school players or high school players. This program includes a weekly practice and a Saturday match against city, club and subdivision teams. At practice you will work on strokes, shot combinations and singles and doubles strategy. The Saturday matches will last for 1.5 hours. Tryouts for new players to the league will be March 10 and 12. Class Fee: \$35

#37332 Jun 6-Aug 1

Tennis Jr Tiny Tots

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Class Fee: \$24

Millbrook Tennis Center

#37105	May 2-18	M,W	4:30-5:00pm
#37106	May 2-18	M,W	5:00-5:30pm
#37107	May 3-19	T,Th	4:30-5:00pm
#37108	May 3-19	T,Th	5:00-5:30pm
#37109	May 7-Jun 11	Sa	11:00-11:30am
#37110	May 7-Jun 11	Sa	11:30am-12:00pm
#37111	Jun 6-22	M,W	4:30-5:00pm
#37116	Jun 6-22	M,W	5:00-5:30pm
#37117	Jun 7-23	T,Th	4:30-5:00pm
#37118	Jun 7-23	T,Th	5:00-5:30pm
#37137	Jul 6-25	M,W	4:30-5:00pm
#37140	Jul 6-25	M,W	5:00-5:30pm
#37143	Jul 5-21	T,Th	4:30-5:00pm
#37145	Jul 5-21	T,Th	5:00-5:30pm
#37148	Jul 9-Aug 13	Sa	11:00-11:30am
#37149	Jul 9-Aug 13	Sa	11:30am-12:00pm
#37150	Aug 1-17	M,W	4:30-5:00pm
#37152	Aug 1-17	M,W	5:00-5:30pm
#37153	Aug 2-18	T,Th	4:30-5:00pm
#37154	Aug 2-18	T,Th	5:00-5:30pm

Lake Lynn

#37162	May 3-19	T,Th	5:00-5:30pm
#37163	May 3-19	T,Th	5:30-6:00pm
#37168	Jun 7-23	T,Th	5:00-5:30pm
#37169	Jun 7-23	T,Th	5:30-6:00pm
#37173	Jul 5-21	T,Th	5:00-5:30pm
#37174	Jul 5-21	T,Th	5:30-6:00pm
#37176	Aug 2-18	T,Th	5:00-5:30pm
#37177	Aug 2-18	T,Th	5:30-6:00pm

Adult

Basketball – Womens Open-Play

Location: Halifax Community Center

Age: 16yrs and up. This is a day set aside twice a month just for women to come out and enjoy the gym facilities. Class Fee: \$0

#36266 May 7-Jul 23 Sa 12:00-3:00pm

Golf Clinics

Location: Wade Avenue Administrative Office Bldg.

Age: 16-99yrs. The Athletics Department will be offering golf clinics in coordination with Falls Golf Complex located at 8515 Falls of Neuse Road. The class includes 3 hours of instruction with golf professional Todd Benware. Class Fee: \$50

#34576	Apr 11-25	M	6:30-7:30pm
#34577	May 9-23	M	6:30-7:30pm
#34578	Jun 13-27	M	6:30-7:30pm
#34579	Jul 11-25	M	6:30-7:30pm
#34580	Aug 8-22	M	6:30-7:30pm
#34581	Sep 12-26	M	6:30-7:30pm

Tennis Adult Ladder Men's 3.0

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for 3.0 level men. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$24

#36908 Jun 6-Aug 1

Tennis Adult Ladder Men's 3.5

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for 3.5 level men. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$24

#36909 Jun 6-Aug 1

Tennis Adult Ladder Men's 4.0

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for 4.0 level men. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$24

#36910 Jun 6-Aug 1

Tennis Adult Ladder Men's 4.5

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for 4.5 level men. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$24

#36911 Jun 6-Aug 1

Tennis Adult Ladder Men's/Women's Open

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for men and women at the open level. This is the highest level of ladder play that we offer, and it mixes men and women into the same ladder. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$24
#36912 Jun 6-Aug 1

Tennis Adult Ladder Women's 2.5

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for 2.5 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$24
#36913 Jun 6-Aug 1

Tennis Adult Ladder Women's 3.0

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for 3.0 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match

time and location. The ladder finishes with a season ending tournament. Class Fee: \$24
#36915 Jun 6-Aug 1

Tennis Adult Ladder Women's 3.5

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for 3.5 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$24
#36916 Jun 6-Aug 1

Tennis Adult Ladder Women's 4.0

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for 4.0 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$24
#36917 Jun 6-Aug 1

Tennis Adult Ladder Women's 4.5

Location: Millbrook Tennis Center

Age: 18yrs and up. Competitive singles ladder play for 4.5 level women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: \$24
#36919 Jun 6-Aug 1

Tennis Adult Level 1

Age: 18yrs and up. No experience needed for this class. You will work on full swing forehand and backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$48

Millbrook Tennis Center

#37189	May 2-18	M,W	10:00-11:00am
#37191	May 2-18	M,W	6:00-7:00pm
#37204	May 3-19	T,Th	11:00am-12:00pm
#37206	May 3-19	T,Th	7:00-8:00pm
#37207	May 7-Jun 11	Sa	9:00-10:00am
#37216	Jun 6-22	M,W	10:00-11:00am
#37218	Jun 6-22	M,W	6:00-7:00pm
#37219	Jun 7-23	T,Th	11:00am-12:00pm
#37220	Jun 7-23	T,Th	7:00-8:00pm
#37242	Jul 6-25	M,W	10:00-10:00am
#37243	Jul 6-25	M,W	6:00-7:00pm
#37244	Jul 5-21	T,Th	11:00am-12:00pm
#37245	Jul 5-21	T,Th	7:00-8:00pm
#37248	Jul 9-Aug 13	Sa	9:00-10:00am
#37249	Aug 1-17	M,W	10:00-11:00am
#37250	Aug 1-17	M,W	6:00-7:00pm
#37251	Aug 2-18	T,Th	11:00am-12:00pm
#37252	Aug 2-18	T,Th	7:00-8:00pm

Lake Lynn

#37256	May 2-18	M,W	6:00-7:00pm
#37257	May 7-Jun 11	Sa	9:00-10:00am
#37262	Jun 6-22	M,W	6:00-7:00pm
#37267	Jul 6-25	M,W	6:00-7:00pm
#37268	Jul 9-Aug 13	Sa	9:00-10:00am
#37269	Aug 1-17	M,W	6:00-7:00pm

Pullen

#37275	May 2-18	M,W	6:00-7:00pm
#37276	May 7-Jun 11	Sa	9:00-10:00am
#37280	Jun 6-22	M,W	6:00-7:00pm
#37283	Jul 6-25	M,W	6:00-7:00pm
#37284	Jul 9-Aug 13	Sa	9:00-10:00am
#37285	Aug 1-17	M,W	6:00-7:00pm



Tennis Adult Level 2

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$48

Millbrook Tennis Center

#37286	May 2-18	M,W	11:00am-12:00pm
#37287	May 2-18	M,W	6:00-7:00pm
#37289	May 3-19	T,Th	10:00-11:00am
#37294	May 3-19	T,Th	7:00-8:00pm
#37298	May 7-Jun 11	Sa	10:00-11:00am
#37300	Jun 6-22	M,W	11:00am-12:00pm
#37301	Jun 6-22	M,W	6:00-7:00pm
#37302	Jun 7-23	T,Th	10:00-11:00am
#37303	Jun 7-23	T,Th	7:00-8:00pm
#37304	Jul 6-25	M,W	11:00am-12:00pm
#37305	Jul 6-25	M,W	6:00-7:00pm
#37306	Jul 5-21	T,Th	10:00-11:00am
#37307	Jul 5-21	T,Th	7:00-8:00pm
#37308	Jul 9-Aug 13	Sa	10:00-11:00am
#37309	Aug 1-17	M,W	11:00am-12:00pm
#37310	Aug 1-17	M,W	6:00-7:00pm
#37311	Aug 2-18	T,Th	10:00-11:00am
#37312	Aug 2-18	T,Th	7:00-8:00pm

Lake Lynn

#37313	May 3-19	T,Th	6:00-7:00pm
#37314	May 7-Jun 11	Sa	10:00-11:00am
#37315	Jun 7-23	T,Th	6:00-7:00pm
#37316	Jul 5-21	T,Th	6:00-7:00pm
#37317	Jul 9-Aug 13	Sa	10:00-11:00am
#37318	Aug 2-18	T,Th	6:00-7:00pm

Pullen

#37319	May 3-19	T,Th	6:00-7:00pm
#37320	May 7-Jun 11	Sa	10:00-11:00am
#37321	Jun 7-23	T,Th	6:00-7:00pm
#37322	Jul 5-21	T,Th	6:00-7:00pm
#37323	Jul 9-Aug 13	Sa	10:00-11:00am
#37324	Aug 2-18	T,Th	6:00-7:00pm

Tennis Adult Level 3

Location: Millbrook Tennis Center

Age: 18yrs and up. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$48

#36950	May 2-18	M,W	7:00-8:00pm
#36951	May 3-19	T,Th	6:00-7:00pm
#36952	May 7-Jun 11	Sa	11:00am-12:00pm
#36953	Jun 6-22	M,W	7:00-8:00pm
#36954	Jun 7-23	T,Th	6:00-7:00pm
#36958	Jul 6-25	M,W	7:00-8:00pm
#36959	Jul 5-21	T,Th	6:00-7:00pm
#36960	Jul 9-Aug 13	Sa	11:00am-12:00pm
#36961	Aug 1-17	M,W	7:00-8:00pm
#36962	Aug 2-18	T,Th	6:00-7:00pm

Tennis Adult Level 4

Location: Millbrook Tennis Center

Age: 18yrs and up. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spin during match play. To graduate from this class, matches must be

played using these shots. Class Fee: \$48

#36955	May 3-19	T,Th	6:00-7:00pm
#36956	May 7-Jun 11	Sa	12:00-1:00pm
#36957	Jun 7-23	T,Th	6:00-7:00pm
#36963	Jul 5-21	T,Th	6:00-7:00pm
#36964	Jul 9-Aug 13	Sa	12:00-1:00pm
#36965	Aug 2-18	T,Th	6:00-7:00pm

Tennis Adult Level 5 – Advanced Drills

Location: Millbrook Tennis Center

Age: 18yrs and up. Must be able to hit topspin and underspin during matches, this class has less instruction and more drilling. We don't work on your technique, we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class Fee: \$48

#36966	May 2-18	M,W	7:00-8:00pm
#36967	Jun 6-22	M,W	7:00-8:00pm
#36968	Jul 6-25	M,W	7:00-8:00pm
#36969	Aug 1-17	M,W	7:00-8:00pm

Tennis Adult Package Level 1 (ATP 1)

Location: Millbrook Tennis Center

Age: 18yrs and up. No experience needed for this class. This is a package which includes a new racquet, 8 weeks of lessons, 8 concurrent weeks of scheduled practice, followed by a 6 week league, a t-shirt, a can of new balls, a rule book and a stretching card. You will learn a full swing forehand and backhand, volley, overhead, serve, scorekeeping and the rules of tennis. You will graduate to level 2, which requires players to be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Bring a friend or come meet new ones! Class Fee: \$123

#36970	Aug 2-Nov 1	T	5:00-6:00pm
#36971	Aug 3-Nov 2	W	5:00-6:00pm

Tennis Adult Package Level 2 (ATP 2)

Location: Millbrook Tennis Center

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$123

#36986	Aug 1-Oct 31	M	5:00-6:00pm
#36987	Aug 4-Nov 3	Th	5:00-6:00pm

Tennis Women's Morning Quadrants

Location: Millbrook Tennis Center

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be eight courts of doubles matches. A player will play a total of 24 games in a round robin format-8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or to have a substitute present. Class Fee: \$28

#36988	Jun 15-Aug 24	W	9:30-11:30am
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Volleyball Forever

Location: Lions Park Community Center

Age: 16yrs and up. An evening of free-play volleyball that is meant for amateurs and volleyball lovers. Come out and get pumped up for lots of fun. Class Fee: \$0

#36290	Aug 15-29	M	6:30-8:00pm
#36291	Sep 5-26	M	6:30-8:00pm

Family**Basketball – Open Play**

Location: Lions Park Community Center

Age: 5yrs and up. Come out and enjoy open play gym. This is a relaxed atmosphere where you can participate in a scrimmage basketball game or practice your skills. Call for available times. Class Fee: \$0

#36305	May 3-29	T,Th	
		Sa-Su	8:00-10:00pm
#36306	Jun 2-28	T,Th	
		Sa-Su	8:00-10:00pm
#36308	Jul 2-28	T,Th	
		Sa-Su	9:00am-3:00pm
#36309	Aug 2-28	T,Th	
		Sa-Su	8:00-10:00pm
#36311	Sep 1-27	T,Th	
		Sa-Su	8:00-10:00pm

Billiards

Location: Pullen Community Center

Age: 5yrs and up. Come play pool in a quiet, family environment. A \$5 deposit and ID are required. Participants under the age of 16 must be accompanied by an adult.

#36550	May 2-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#36551	Jun 1-30	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#36552	Jul 1-30	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#36553	Aug 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm

Senior**Horseshoes**

Location: Wade Ave. Administrative Office Bldg.

Age: 55yrs and up. Practice your horseshoe skills with other adults. Equipment is provided. This activity takes place at Athens Drive High School. Class Fee: \$0

#37399	Apr 5-Jul 30	T,Sa	9:00-10:30am
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Shuffleboard

Location: Wade Ave. Administrative Office Bldg.

Age: 55yrs and up. Practice and play shuffleboard with other adults. Equipment is provided. This activity takes place at Athens Drive High School. Class Fee: \$0

#37400	Apr 5-Jul 30	T,Sa	9:00-10:30am
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Tennis – Free Play For Seniors

Location: Millbrook Tennis Center

Age: 55yrs and up. Free play and practice for senior players. Class Fee: \$0

#37333	May 2-Aug 25	M,Th	8:30-10:00am
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Aquatics continued next page —

Facility Listings for Map

Art Centers

16 Pullen Arts Center	•L
105 Pullen Road 27607	831-6126
7 Sertoma Arts Center	•L
1400 W. Millbrook Road 27612	420-2329

Lakes

49 Lake Benson	OPQ
Buffaloe Road, Garner 27529	662-5703
19 Lake Johnson	•MNOPOQ
4600 Avenet Ferry Road 27606	233-2121
20 Lake Wheeler	EJMOPOQ
6404 Lake Wheeler Road 27603	662-5704
7 Shelley Lake	EGJNOPOQ
1400 W. Millbrook Road 27612	420-2331

Special Facilities

3 All Childrens Playground/Laurel Hills Park	•BEG
3808 Edwards Mill Road 27612	420-2383
50 Anderson Point Park	•EM
10 Anderson Point Drive 27610	831-6640
9 Baileywick Road Park	•BEM
9501 Baileywick Road 27615	870-2911
5 Borden Building/Fletcher Park	GM
820 Clay Street 27605	831-6430
10 Brookhaven Nature Park	•K
5125 Berkeley Street 27612	831-6856
39 Buffaloe Road Athletic Park	BEW
5812 Buffaloe Road 27616	831-6836
32 Cedar Hills Park	•BCEFGHM
5600 Sweetbriar Street 27609	870-2880
33 Durant Nature Park	•EKMOQ
8305 Durant Road 27614	870-2871
22 Kentwood Park	BCEH
4531 Kaplan Drive 27606	
34 Marsh Creek Park	BMT
3016 New Hope Road 27604	872-4140
15 Method Pioneer Building	•
516 Method Road 27607	831-6066
26 Millbrook Exchange Off Leash Dog Park	U
1905 Spring Forest Road 27615	872-4156
26 Millbrook Tennis Center	•C
1905 B Spring Forest Road 27615	872-4129
35 Mordecai Historical	
1 Mimosa Street 27604	834-4844
11 North Hills Park	BCEMN
100 Chowan Circle 27609	870-2880
36 Oakwood Park	BMG
910 Brookside Drive 27604	831-6995
16 Pullen Amusements	•CEMOP
520 Ashe Avenue 27606	831-6468
12 Raleigh Little Theatre/Rose Garden	•
301 Pogue Street 27607	821-4579
37 Spring Forest Road Park	BCEGMN
4203 Spring Forest Road 27616	872-4140
16 Theatre In The Park	•
105 Pullen Road 27607	831-6936
38 Tucker House	•
418 N. Person Street 27601	831-6009
51 Walnut Creek Softball Complex	•B
1201 Sunnybrook Road 27610	250-2725
13 Williams Park	CEMR
6601 Leadmine Road 27612	420-2329

Staffed Community Centers

40 Biltmore Hills	•ABCDEGM
2615 Filtgerald Drive 27610	831-6895
14 Carolina Pines	•ABCE
2305 Lake Wheeler Road 27603	831-6435
41 Chavis	•ABCDEMNW
505 MLK Jr. Boulevard 27601	831-6989
23 Green Rd.	•ABGRC
4201 Green Road 27604	872-4140
24 Halifax	AEG
1015 Halifax Street 27604	831-6378
1 Jaycee	•ABCEJMR
2405 Wade Avenue 27607	831-6833
2 Lake Lynn	•ABCNOE
7921 Ray Road 27613	870-2911
3 Laurel Hills	•ABEG
3808 Edwards Mill Road 27612	420-2383
25 Lions	•ABCEGMS
516 Dennis Avenue 27604	831-6995
26 Millbrook Exchange	•ABCDEGJMN
1905 Spring Forest Road 27615	872-4156
15 Method	•AEG
514 Method Road 27607	831-6066
4 Optimist	•ABCDEN
5900 Whittier Drive 27609	870-2880
16 Pullen Community Center	•A
408 Ashe Avenue 27606	831-6052
42 Ralph Campbell	•AG
756 Lunar Drive 27610	250-2757
43 Roberts	•ABCEGLM
1300 E. Martin Street 27610	831-6830
44 Southgate	•AEGM
1801 Proctor Street 27610	831-6719
27 Tarboro Rd.	•ACEM
121 N. Tarboro Road 27610	831-6505
45 Walnut Terrace	•A
111 W. Lee Street 27601	831-6155
46 Worthdale	•AFCE
1001 Cooper Road 27610	250-2730

Swimming Pools

40 Biltmore Pool	•
701 Crown Crossing Lane 27529	831-6736
41 Chavis Pool	
501 MLK Jr. Boulevard 27601	831-6565
21 Lake Johnson Pool	•
1416 Athens Drive 27606	233-2111
31 Longview Pool	•
321 Bertie Drive 27610	831-6343
26 Millbrook Pool	•
1905 Spring Forest Road 27615	872-4130
4 Optimist Pool	•
5902 Whittier Drive 27609	870-2882
16 Pullen Aquatic Center	•
410 Ashe Avenue 27606	831-6197
8 Ridge Rd Pool	•
1709 Ridge Road 27607	420-2322

Unstaffed Neighborhood Centers *

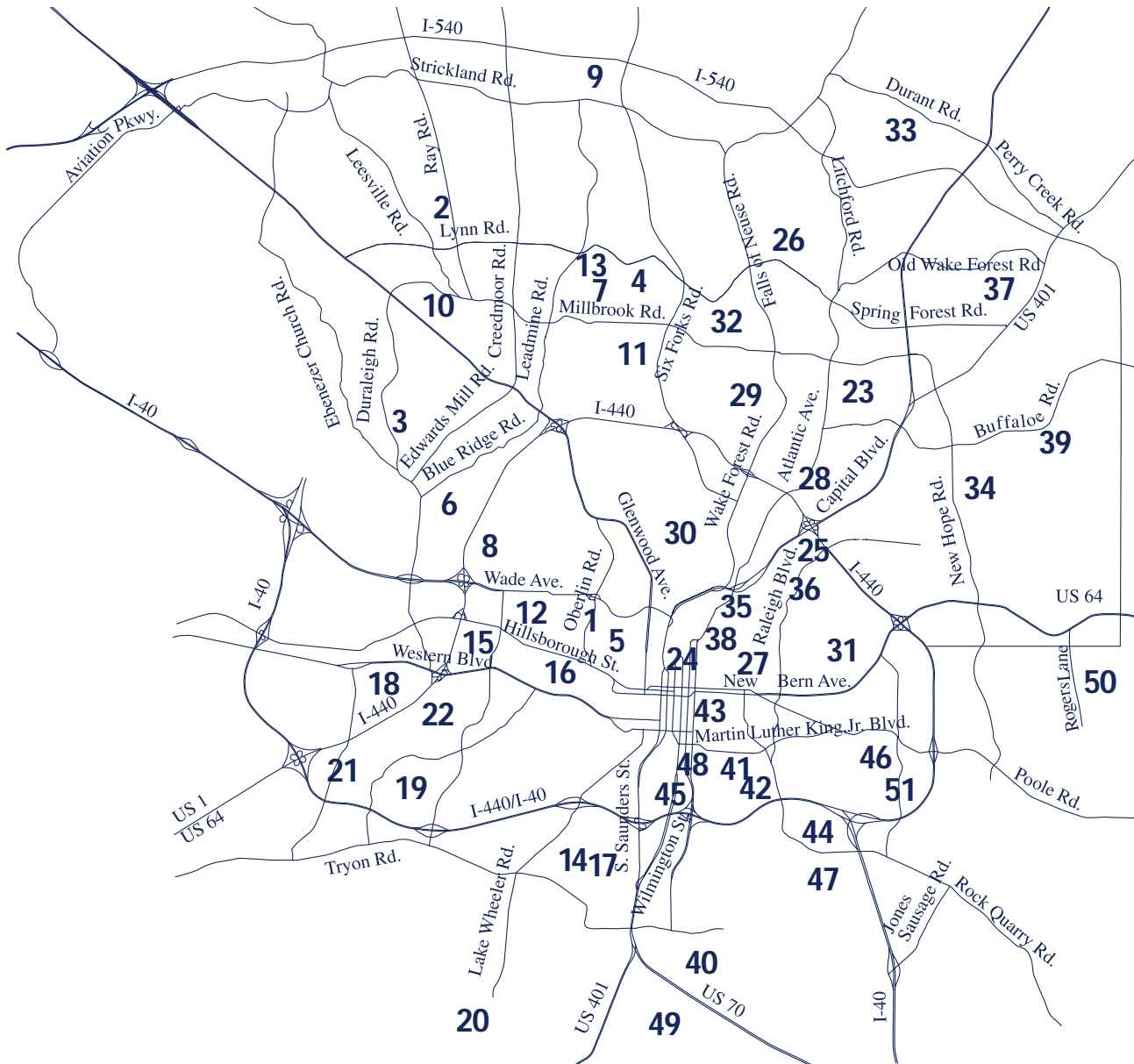
28 Brentwood c/o Green Road	•ABCEGM
3315 Vinson Court 27604	872-4140
29 Eastgate c/o Millbrook	•ACE
4200 Quail Hollow Drive 27609	872-4156
5 Garris Building c/o Jaycee	•ACM
820 Clay Street 27605	831-6833
6 Glen Eden Pilot c/o Jaycee	•ACM
1500 Glen Eden Drive 27612	831-6833
48 John P. "Top" Greene Center c/o Chavis	•A
401 Martin Luther King Blvd. 27601	831-6989
30 Kiwanis c/o Optimist	•ABEGM
2525 Noble Road 27608	870-2880
17 Peach Road Neighborhood Center	•AEG
911 Ileagnes Road 27603	807-8545
18 Powell Drive c/o Method	•ACEG
740 Powell Drive 27606	831-6066
47 Sanderford Road c/o Biltmore	•ABCEG
2623 Sanderford Road 27610	831-6895

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Legend

- A Community Center
- B Lighted Ballfield(s)
- C Tennis Courts
- D Pool
- E Play Equipment
- F Mini Park
- G Outdoor Basketball
- H Frisbee Golf
- J Exercise Trail
- K Nature Study
- L Arts
- M Picnic Shelter
- N Greenway Trail
- O Lake
- P Boat Rental
- Q Fishing
- R Sand Volleyball
- S BMX Track
- T Inline Skating
- U Dog Park
- W Walking Track
- Handicap Accessible

Facilities Map



How do I Register?



RecLink Online

parks.raleighnc.gov

24 hours/day

Registration opens **Tuesday, April 19, 2005** at 9:00am

Immediate Confirmation

On Tuesday, April 19, 2005 at 9:00am, registration will open. RecLink allows quick, efficient registration online 24 hours a day, 7 days a week.

- Visit parks.raleighnc.gov and click on RecLink
- Have your Family PIN and Client Barcode ready.
- Payment options include VISA, Mastercard, or Credit on account.
- Full account payment is required to complete registration.
- Immediate confirmation will be provided once payment is complete.



Walk-In

Registrations will be accepted, beginning **Tuesday, April 19, 2005** at 9:00am

Immediate Confirmation

Beginning April 19, 2005 at 9:00am, bring your completed registration form and payment to one of our staffed Recreation sites during regular business hours.

- Payment options include VISA, Mastercard, Cash, Credit on account, Money Order, or Check (made payable to City of Raleigh).



Mail-In

Processing will begin on **Tuesday, April 5, 2005**

- Complete registration form. Please print clearly.
- Payment options include VISA, Mastercard, Credit on account, Money Order, or Check (made payable to City of Raleigh).
- Mail the completed registration form to the City of Raleigh Recreation site where the class or program will be held (unless otherwise noted).
- Registration receipts will be mailed.

☐ Raleigh Resident ☐ Non Resident (*Add \$7 to class fee, \$12 to youth athletic fees, and \$15 to swim team fees. Non-Resident fees do not apply to Specialized Recreation Programs)



Participant Last Name _____ Participant's First Name _____ Participant's Birthdate _____

Parent's Last Name _____ First Name _____

Mailing Address _____ City _____ State _____ Zip _____

Telephone _____ Business Phone _____ Email Address _____

Emergency Contact Name (other than parent) _____ Emergency Contact Phone Number _____

List any special needs which will require accommodations for participation

Registration Account Information: ☐ Create a New Account ☐ Update my Account ☐ Add me to the Mailing list ☐ Remove me from the Mailing list

Payment is required at the time of Registration

Program Registration Information - Please make copies for multiple participants or locations. Please use this form for registration, and mail to the facility where the class is held.

Last Name	First Name	Birth Date	Age	Sex	Course Barcode	Program Name	Start Date	Day	Time	Facility	Fee
											\$
											\$
											\$
											\$
											\$
<div style="text-align: center;"> *Non-City of Raleigh Residence Fee (per class) \$ </div>											
<div style="text-align: center;"> I would like to make a donation to support a child's participation in Raleigh Parks & Recreation Program (specify amount) \$ </div>											
<div style="display: flex; justify-content: space-between;"> <div>Form of Payment (please circle)</div> <div> <input type="radio"/> Check # _____ </div> <div> <input type="radio"/> Money Order </div> <div> <input type="radio"/> Credit Card (Complete Credit Card Info. block below) </div> </div>											
Total \$											

The Raleigh Parks & Recreation Department will attempt to provide reasonable accommodations for program participants when the need for accommodations is requested well in advance. To ensure a medically safe and appropriately planned program please list (optional) any special needs or precautions which may require program accommodations for participation (i.e. visual or hearing impairment, mental or physical disability, heart condition, history of seizures, allergies, communicable diseases, diabetes, hemophilia, asthma, attention deficit disorder, etc.

- 100% refund/credit/transfer if Department cancels program of facility rental.

- All refund requests received in writing at least 14 or more days in advance of the start date of a program/rental/tear placement are entitled to either:
 - a) 100% transfer of fees
 - b) 85% refund/credit based on total cost of a program/rental.
- Refund/credit/transfer requests received less than 14 days prior to start date of a program/rental/tear placement will not be granted.
- Refunds for medical reasons requested prior to the start date of program/rental/tear placement will be granted at 100% subject to verification.
- Outdoor facility usage cancelled due to inclement weather may be rescheduled pending space availability.
- A transfer must be requested at the time of withdrawal.
- A credit may be applied to another program within the current season or a future season. A credit may be used by any family member on the same day.

Pictures or video clips may be taken while participating in City of Raleigh activities for publicity. If you do not concur, please contact the Parks and Recreation Department.

Non-Discrimination Policy The City of Raleigh Parks and Recreation Department does not discriminate on the basis of race, color, religion, age, sexual orientation or disability in employment opportunities or provision of services, programs or activities. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of the Raleigh Parks and Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

City of Raleigh Release and Indemnity Agreement Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the City of Raleigh, North Carolina, and to engage in activities for the executive benefit of the undersigned; and Whereas, the City of Raleigh does not wish to be liable for any damages arising from personal injury or property damage sustained thereby; Now, therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for himself, his heirs, executor, employers, successors or administrator, and personal representatives:

- A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in recreational activities.
- B. Fully and forever release and discharge the City of Raleigh, its agents, officials, and employees, from any and all claims, demands damages, rights or action, or causes of action, whether the same be known, and anticipated or unanticipated, resulting from or arising out of the above described activity.
- C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force and effect any time after the execution hereof.

Participant Signature _____ Date of Signature _____

Signature of parent/legal guardian if child is under 18

Credit Card Information – must be complete for all credit transactions

Name _____ *print name as appears on card*

Billing Address for card _____

Card # _____

Signature _____ Date _____

☐ VISA ☐ Mastercard Exp. Date _____ Amount \$ _____



Parks and Recreation Volunteer Opportunities for You

You are invited to become a part of the Raleigh Parks and Recreation Department's Volunteer Program and make a difference in your community. You may volunteer as an individual or as part of a group on a one-time or ongoing basis. The department offers individuals, families, students, businesses and organizations the opportunity to contribute time, talents and resources to our community. Through the efforts of both City staff and volunteers, the Raleigh Parks and Recreation Department can continue its fine tradition of providing quality leisure services to citizens of all ages. For more information, please contact Cindy Trumbower, (919)890-3292 or cindy.trumbower@ci.raleigh.nc.us

Register Online with RecLink

Online registration will open for May-August 2005 programs at 9:00am on Tuesday, April 19, 2005. You will be able to search for classes and programs by

- location
- age category
- activity
- keyword



A guide to Raleigh Parks and Recreation Department's programs, special events, and facilities



City of Raleigh
Parks and Recreation
P.O. Box 590
Raleigh, NC 27602

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